

# Common Ground

100% CANADIAN SINCE 1982 . [WWW.COMMONGROUND.CA](http://WWW.COMMONGROUND.CA)

PEACE ISSUE 169 • AUGUST 2005 • FREE

## Hiroshima 1945

8:10 AM August 6th

Shin rides his shiny new birthday tricycle

A US bomber flies through a clear blue sky

8:15 US explodes atomic bomb over him

In 9 seconds, 70,000 people die

60th Anniversary 1945 – 2005  
Lest We Forget



Remember Hiroshima and Nagasaki • 60th Commemoration August 5th


Joy Kogawa • Politics of Love • China's Ecology • Shop the Wild • Seva



# 100% of the goodness in 10% less box!

*The same net weight of our delicious organic cereals in a newly designed box that reduces our environmental footprint by 10%.*



 **EnviroBox** We at Nature's Path® have always sought to minimize our impact upon the earth, while maximizing our ability to deliver the earth's nutritional bounty to our customers. That's why we have gone beyond producing delicious organic food products to reconfiguring our cereal package. We have reduced the amount of packaging without reducing the amount of cereal in the box. Reducing our package size by 10% lessens our yearly impact upon the earth by saving over 2,650,000 litres of water, 500,000 KWh of energy, 76 tons of paperboard and eliminates over 300 tractor trailers from North American highways.



## Global Sustainability.

*Nurturing People, Nature & Spirit.*

[www.naturespath.com](http://www.naturespath.com)





Spend a Weekend on Gabriola Island

# Keeping Your Soul Alive

*A Personal and Professional Spirit Recharge*

with **Bill O'Hanlon**

author of **Do One Thing Different: 10 Simple Ways to Change Your Life**

\$425 + meals & accommodations

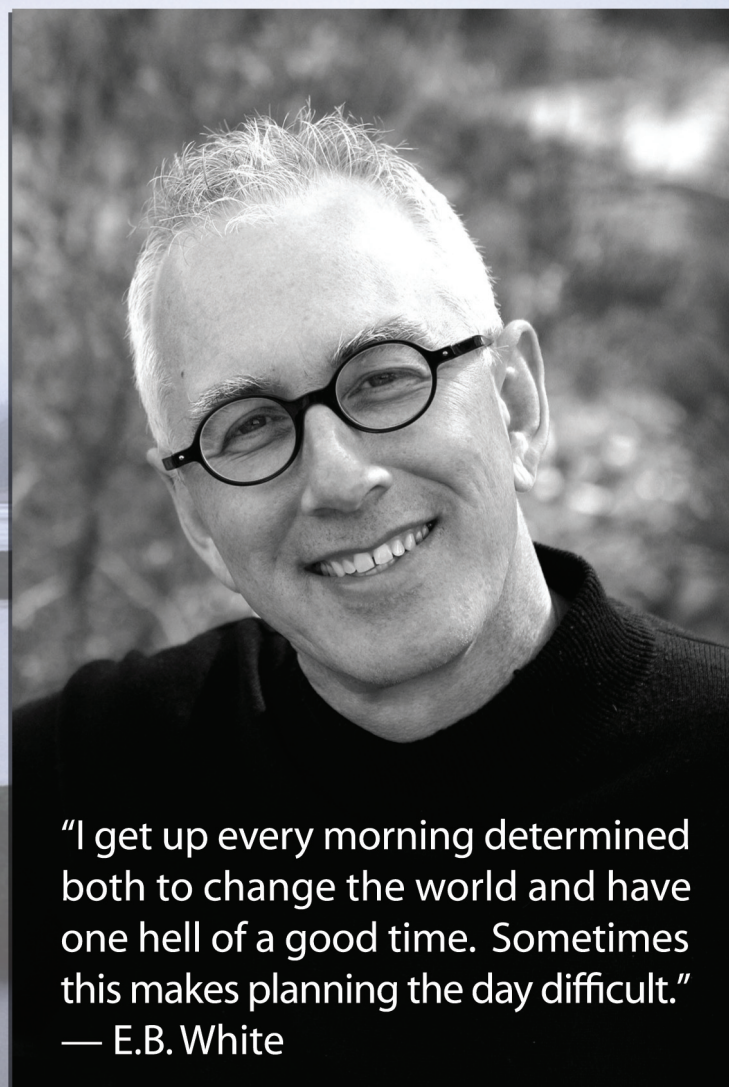
(\$395 if booked & paid by Sept 2)

Visit [www.haven.ca](http://www.haven.ca) for more details

**Sept 16-18**

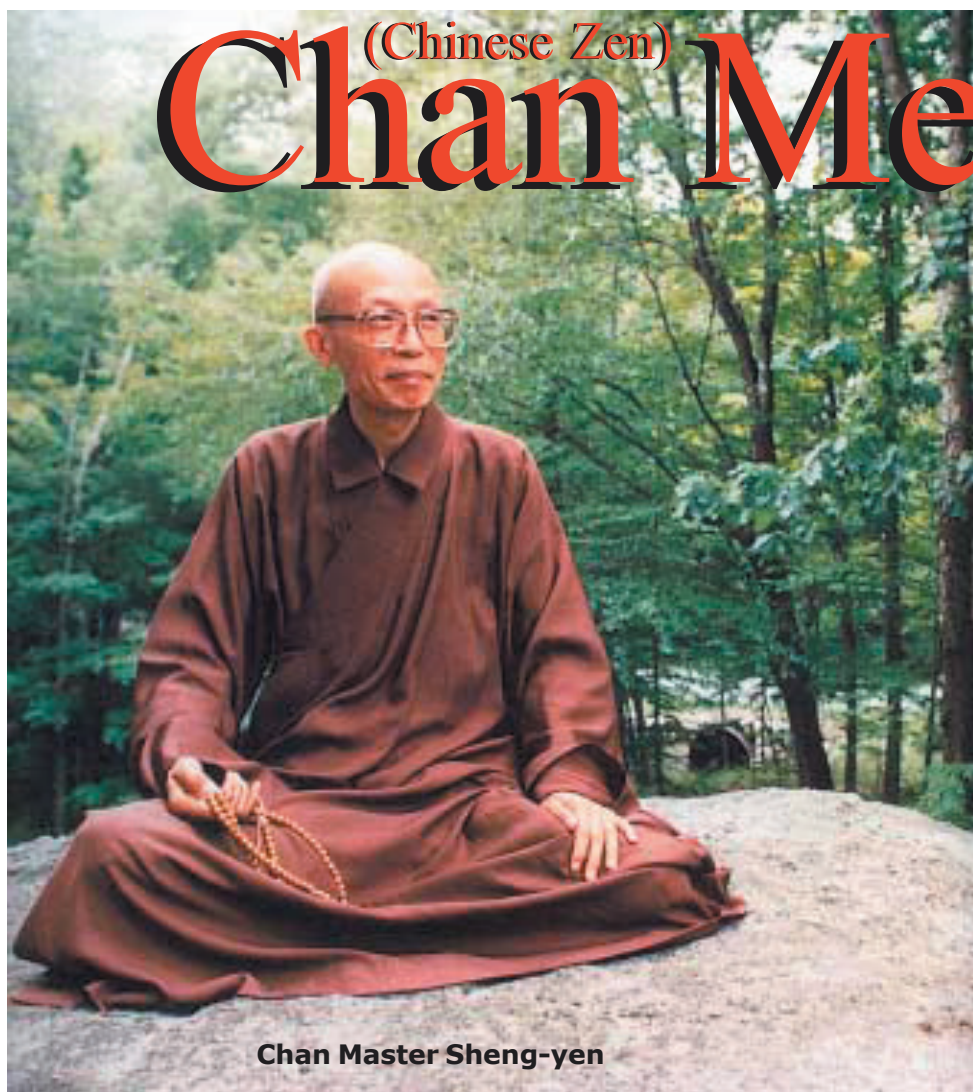


Call 1-877-247-9238  
today to register!



"I get up every morning determined both to change the world and have one hell of a good time. Sometimes this makes planning the day difficult."  
— E.B. White

## (Chinese Zen) Chan Meditation Retreats and Classes



**Chan Master Sheng-yen**



**3-Day Residential Retreat** Sept 2 - 5  
Rosemary Heights Retreat Centre, South Surrey.  
Learn and Practice Chan Meditation methods with  
accredited teacher William Tsao



**3-Day Residential Retreat** Nov. 10-13  
Mission YMCA Retreat Centre, Mission. Learn and  
Practice Chan Meditation methods with DDMBA  
Monastics.



**Beginner's Meditation Classes** - Sept. 12, 19,  
26, Oct. 1. Four 2.5 hour sessions of step-by-  
step introduction to Chan Meditation Practice.  
(Saturdays 9:30 a.m. to 12:00 noon).



**Regular Weekly activities** in White Rock,  
Vancouver, and Richmond.



**Dharma Drum Mountain  
Buddhist Association**

Tel: 604 277-1357 Fax: 604 277-1352  
Email: [ddmvan@infinet.net](mailto:ddmvan@infinet.net)

Contact: William Tsao Lisa Shen  
604 278-0169 778-881-8680



**Publisher & Senior Editor** · Joseph Roberts

**Graphic Design** · John William

**Contributors** · Robert Alstead

Crystal Andrus · Guy Dauncey

Ishi Dinim · Johnny Frem

Ilona Hedi Granik · Ellen Hayakawa

Arne Hansen · Carolyn Herriot

Joy Kogawa · David Laskey

Beth Lischeron · Bill McNamara

Vesanto Melina · Geoff Olson

Gwen Randall-Young

Christopher Scipio · David Suzuki

Eckhart Tolle · Sonya Weir

Maggie Westhaver

**Sales** · Head office 604-733-2215

1-800-365-8897

Victoria 1-866-985-9856 Hartley Berg

**Contact Common Ground:**

Phone: 604-733-2215 Fax: 604-733-4415

For out of area advertisers

call toll-free 1-800-365-8897

Advertising: admin@commonground.ca

Editorial: editor@commonground.ca

**Common Ground Publishing Corp.**

**NEW HEAD OFFICE:**

204-4381 Fraser St.

Vancouver, BC V5V 4G4 Canada

ISSN No. 0824-0698

**Copies printed: 68,000**

Over 250,000 readers per issue

Survey shows 3 to 4 readers/copy.

Annual subscription is \$60 (US\$50) for

one year (12 issues). Single issues are

\$6 (specify issue #). Payable by cheque,

Visa, MasterCard, Interac or money order.

All contents copyrighted. Written permission from the publisher is required to reproduce, quote, reprint, or copy any material from *Common Ground*. Opinions and views expressed in the articles do not necessarily reflect those of the publishers or advertisers. Common Ground Publishing Corp. neither endorses nor assumes any liability for any and all products or services advertised or within editorial content. Furthermore, health-related content is not intended as medical advice and in no way excludes the necessity of an opinion from a health professional. Advertisers are solely responsible for their claims.

100% owned and operated by Canadians.

Published 12 times a year in Canada.

We acknowledge the financial support of the Government of Canada, through the Canada Magazine Fund, toward our editorial costs.

Publications Mail Agreement No. 4001171

Return undeliverable Canadian addresses to Circulation Dept.

204-4381 Fraser St.

Vancouver, BC V5V 4G4

email: editor@commonground.ca

Printed on recycled paper with vegetable-based inks.

## Our cover

Shin's tricycle



When the bomb exploded in Hiroshima on August 6, 1945, four-year-old Shinichi was riding his beloved, birthday tricycle outside his house. He had been playing with his best friend Kimiko when there was a sudden flash. Afterward, when the children were found, Shin was badly burned, but still alive, clutching the handlebars of his tricycle. He died a day later. The children were buried together in Shinichi's parents' garden. In 1985, the children's parents decided to move them to a proper grave. Shin's tricycle is now on display in the Hiroshima Peace Museum.

Photo of Shin's tricycle was provided to the Hiroshima Peace Memorial Museum by Nobuo Tetsutani (Shinichi's father). Photo courtesy of Hiroshima Peace Memorial Museum, <http://www.pcf.city.hiroshima.jp/>

## ISSUE 169 AUGUST 2005

### Hiroshima and Nagasaki: lest we forget

Peace among religions a prerequisite for world peace

– Joy Kogawa

6

Atomic bomb suppression – David Laskey

25

### ARTS & ENTERTAINMENT

The politics of love – Robert Alstead

10

Story Slam – The Nuthouse – Bill McNamara

11

### CULTURE

Compassion in action – Maggie Westhaver

9

Travelling – Ishi Dinim

10

### ENVIRONMENT

Bring on the biennials – Carolyn Herriot

17

Shop the Wild – Beth Lischeron

18

Pollution and babies – Guy Dauncey

20

Canada



H.A.N.S.



## IN THIS ISSUE

Help China's environment – David Suzuki

20

### HEALTH

Forgiveness – Crystal Andrus

14

Herpes – a holistic approach – Christopher Scipio

15

Fine fare on the high seas – Vesanto Melina

16

### SPIRITUALITY

Free of pain – Eckhart Tolle

12

Why are we here? – Gwen Randall-Young

13

### RESOURCE DIRECTORY

21

### CLASSIFIEDS

29

### ZODIAC

29

### DATEBOOK

28



BUSINESS OF PERFORMING AUDITS



## Lest we forget

Featured in the photo are Kinuko and David Laskey of Vancouver. Kinuko was a Hiroshima survivor and a tireless advocate for peace. At the time of the atomic bombing, Kinuko was a 16-year-old student nurse in the Hiroshima Communications Hospital, 1.4 kilometres from the hypocentre. As a result, she experienced radiation sickness, loss of sight, and endured numerous plastic surgeries. Nonetheless, it was her wish to share her love and hope for peace with others in a world without nuclear weapons. With the support of her husband, she spoke out against war in her efforts to educate and help change people's minds about the inevitability of war. Among her many achievements, Kinuko created the Peace For Children button (shown on left) in 1982 and was one of four Hiroshima survivors to testify at the U.S. Senate Proposed Nuclear Freeze and Reduction Forum in Washington DC in the same year. She founded the Canadian Society of Atomic Bomb Survivors, spoke at various schools throughout BC, and co-lit the flame at the Vancouver Centennial Peace Monument.

David, a soldier in the Canadian Armed Forces, met Kinuko in Japan. The couple married in 1951 and had a daughter in 1952. The family relocated to Vancouver the following year. David Laskey is the coordinator for the Hiroshima Day Lantern Ceremony in Vancouver. Sadly, Kinuko died last year, two weeks after being diagnosed with cancer.

(Please see our feature story on page six for event details. David Laskey's article about the suppression from the Japanese of information related to the effects of the atomic bomb appears on page 25.)



Kinuko and David Laskey, Hiroshima, 1951



# The universe is expanding. Are you?

How long has it been since you did something that fed your soul?  
What if you could dedicate an entire weekend to opening up to  
new possibilities? **Maybe it would change your life.**

Join the scientists and visionaries from the hit movie  
***What the Bleep Do We Know?*** for a conference about mystery,  
possibility, and change. Learn what cutting-edge physicists  
already know about the true nature of reality, and  
what it means for you. Leave with a renewed sense  
of wonder—and new directions for your life.

**AXIOM CONFERENCES PRESENTS THE SCIENTISTS,  
VISIONARIES, AND FILM STARS FROM THE FILM**

## What t*Hē* Bleep *Do w* $\Sigma$ (*k*) $\Pi$ ow!?

**AUGUST 12-14, 2005**

**IMAGES THEATRE, SIMON FRASER UNIVERSITY  
VANCOUVER, BC**

**BRINGING TOGETHER**

**DR. MASARU EMOTO • JOHN HAGELIN, PH.D.  
FRED ALAN WOLF, PH.D. • AMIT GOSWAMI, PH.D.  
JZ KNIGHT • JOSEPH DISPENZA • MICEAL LEDWITH  
MARLEE MATLIN • MARK VICENTE  
SPECIAL GUESTS BRUCE LIPTON, PH.D.  
AND ADAM**

**INFORMATION & REGISTRATION**

**888.777.5981 prophets@greatmystery.org  
visit: greatmystery.org**

**Common Ground**  
HEALTH • CULTURE • LIFESTYLE  
MAGAZINE



# Peace among religions and nations



Joy Kogawa is known for her novels, poetry, essays, and activism. She was born in Vancouver in 1935, and as a second-generation Japanese Canadian or nisei, she has told the stories of Japanese-Canadians in her writing. Kogawa and her family were forced to relocate to Slocan, British Columbia and later to Coaldale, Alberta during the Second World War. She has also been involved in seeking redress from the Canadian government for the internment of 20,000 Japanese Canadians during World War II, and from 1983 to 1985, Kogawa worked with the National Association of Japanese Canadians. Kogawa is the author of *Obasan*, which focuses on Japanese Canadians and the injustices they experienced during and after the Second World War. On August 9, 2002, Kogawa spoke in Stockholm about the atomic bombing of Nagasaki on August 9, 1945. The following is an excerpt of her talk.

by Joy Kogawa

The First World War, dubbed the “war to end all wars,” gave way to another world war. And today we are faced with the numbing thought that the last “bomb to end all bombs” at Nagasaki may yet give way to the bomb to end all life. Arundhati Roy says that whether nuclear bombs are used or not, “They violate everything that is humane. They alter the meaning of life itself. Why do we tolerate them? Why do we tolerate these men who use nuclear weapons to blackmail the entire human race?”

I was in Nagasaki in June this year and thought of the pilot who flew overhead that day in 1945. In an interview, Captain Sweeney used the word “pretty” to describe Nagasaki. One novelist, calling it the “Naples of the Orient,” wrote, “Nagasaki overwhelms one with its beauty and serenity. It is a town of stone roads, mud walls, old temples, cemeteries, and giant trees.” Captain Sweeney said it was the greatest thrill of his life when he dropped the bomb.

There is a thrill in murder. There is a thrill in war. It is not just the certifiably insane who feel this. The lust for blood continues unabated in the human condition. But like parents of murdered children being faced after years with the release of murderers, we must face again the appetite for war, the fears that feed it, the hunger for vengeance. It is fresh blood the dogs of war demand.

At what point do we come to know that the blood we taste and drink is our own and of those we love? Hans Kung states that in our striving for peace, we should begin with religion. “Peace among the religions” he says, “is the prerequisite for peace among the nations.” In our religious mythologies we find sources of both violence and peace. The three deities of this talk are first, the God who demands all, second, the Goddess who grants mercy, and third, the deity who promises abundance.

The religion in which I grew up was Christianity. The God of my childhood was the God of Abraham, the God of the patriarchs, a God who demanded all. Like us, Abraham found himself in a world of death and suffering. In such a world, his God promised him abundance – as many descendants as there are stars in the sky. This was to be through Abraham’s two main sons – Ishmael, his eldest, born of the servant Hagar, and Isaac, the child of his wife, Sarah. Although Ishmael and Isaac lived as rivals, when Abraham died, they buried their father together, as brothers.

Today, three great faiths, Judaism, Islam and Christianity, claim Abraham as father.

His descendants are indeed, as the stars of the sky; Jews and Arabs by right of birth, and Christians, by adoption and faith. Muhammad, the founder of Islam, traced his lineage through Ishmael. Jews claim their lineage through Isaac. All three are bound together as siblings.

The foundational myth of Abraham’s great test has confounded people through the ages. In the book of Genesis, we are told that Abraham was ordered to do the unthinkable.

Genesis 22. “The time came when God put Abraham to the test. ‘Abraham,’ he called, and Abraham replied, ‘Here I am.’ God said, ‘Take your son Isaac, your only son, whom you love, and go to the land of Moriah. There you shall offer him as a sacrifice on one of the hills which I will show you.’ So Abraham took the wood for the sacrifice and laid it on his son Isaac’s shoulder; he himself carried the fire and the knife, and the two of them went on together. Isaac said to Abraham, ‘Father,’ and he answered, ‘What is it, my son?’ Isaac said, ‘Here are the fire and the wood, but where is the young beast for the sacrifice?’ Abraham answered, ‘God will provide himself with a young beast for a sacrifice, my son.’ And the two of them went on together and came to the place of which God had spoken. There Abraham built an altar and arranged the wood. He bound his son Isaac and laid him on the altar on top of the wood. Then he stretched out his hand and took the knife to kill his son; but the angel of the Lord called to him from heaven, ‘Abraham,

Abraham.’ He answered, ‘Here I am.’ The angel of the Lord said, ‘Do not raise your hand against the boy; do not touch him. Now I know that you are a God-fearing man. You have not withheld from me your son, your only son.’ Abraham looked up and there he saw a ram caught by its horns in a thicket. So he went and took the ram and offered it as a sacrifice instead of his son.”

Until I read Carol Delaney’s book, *The Trial of Abraham*, I did not know that for most Muslims, it is Ishmael and not Isaac who was the intended sacrifice. But for all three faith communities, one of the main values that is gleaned from the story is that of obedience, of

complete submission to the will of God. Carol Delaney asks us, “Why is the willingness to sacrifice the child, rather than the passionate protection of the child, at the foundation of faith?” She suggests that we need a new myth and says, “I ask that people imagine how our society would have evolved if protecti/on of the child had been the model of faith.”

Today, the children of Abraham in the West and the Middle East, Christians, Jews and Muslims, are speaking about justice, freedom and submission to God. Their words translate into violence and a growing dread that the fearful forces at play will propel us into a reckless abandonment of constraint and a catastrophic worldwide conflagration that will end life, as we know it. There are other voices in the world – voices that come from traditions

of mercy and peace. To begin, there is a certain small island in the East, where the world’s longest living and intensely peaceable people live. My brother, a retired Episcopalian priest, was in Okinawa for a few years in the ‘90s. He told me that in 1815, Captain Basil Hall of the British navy steamed into Naha, Okinawa and was amazed at what he found. The story goes that on his way back to England, he dropped in to the island of St. Helena and had a chat with Napoleon.

“I have been to an island of peace,” the captain reported. “The island has no soldiers and no weapons.”

“No weapons? Oh, but there must be a few swords around,” Napoleon remarked.

“No. Even the swords have been embargoed by the king.”

Napoleon, we’re told, was astonished. “No soldiers, no weapons, no swords! It must be heaven.”

Okinawa must surely have been a culture as close to heaven as this planet has managed. We might well wonder about the spiritual heritage of such a people. Today they boast not just the longest living humans in the world – the number of centenarians per 100,000 is six times that of the US – but the world’s longest disability-free life expectancy.

According to *The Okinawa Program* by Dr. Bradley Willcox, Dr. Craig Willcox and Dr. Makoto Suzuki, Okinawan society “... reflects a cultural cosmology where the female embodies and transmits sacred forces (shiji). Most Okinawan villages still have “divine priestesses,” called *noro* or *nuru*, whose job it is to commune with the gods and ancestors and serve as spiritual advisers. In fact, until the late nineteenth century, the king’s well-being and success as ruler depended on the spiritual sustenance granted by the high priestess (kikoe ogimi), who was of equivalent social standing. This is a unique cultural phenomenon. Although women act as religious functionaries in other societies, there is no other modern society in the world where women hold title as the main providers of religious services.”

When Japan, that warring nation, took over the kingdom, there was an entirely bloodless coup. No soldiers were found to help later with the invasion of Korea. A disobedient people, Japan concluded. A kingdom without soldiers was clearly impossible. On Easter day in 1945, on the day of triumph for the Prince of Peace, Okinawa became a special target for the forces of hate. The battle of Okinawa was the biggest land battle of history to that point. In twelve weeks, over 234,000 people died, more than the number killed in August in the two atomic bombings.

*Peace among the religions... is the prerequisite for peace among the nations.*

## HIROSHIMA DAY 2005

Friday, August 5, National Nikkei Heritage Centre  
6688 Southoaks Crescent, Burnaby (near Kingsway and Sperling)

Sixty years after atomic bombs were dropped on Hiroshima and Nagasaki, the world continues to be threatened by nuclear disaster. In this family oriented commemoration and celebration of hope, participants are welcome to make paper cranes, the symbol of the anti-nuclear peace movement, or construct a paper lantern to be set afloat in the pond adjacent to the Nikkei Centre at dusk to commemorate victims of wars, past and present. All paper cranes will be contributed to the Vancouver Public Library’s Peace Crane Project. The day will also include a special tribute to the memory of Kinuko Laskey.

7:00 pm Doors open - Crane & paper lantern construction.  
7:30 pm Welcoming remarks - representatives of Vancouver & Burnaby, Mary-Woo Sims, former BC chief human rights commissioner.  
8:00 pm Multi cultural musical program - Harry Aoki and guest, First Friday Forum.  
8:30 pm Professor Michael Wallace, UBC - UN anti-nuclear talks fail, what next?  
8:45 pm Multi cultural music program.  
9:00 pm Closing remarks & lantern ceremony.

Sponsored by:  
City of Vancouver Peace and Justice Committee, Multi-Ethnic Coalition for Redress Reconciliation & Peace in the Asia Pacific, Greater Vancouver Japanese Canadian Citizens’ Association Human Rights Committee, StopWar.ca., Common Ground magazine



My brother was in Okinawa in 1995 on the 50th anniversary of the battle. Beginning at Easter, and for 12 weeks after, with the pastoral candle lit, a breathtaking action of speech took place. For two hours at noon and two hours at night, the dead were recalled and their names read. These were not prayers for the Okinawan victims alone – grandparents, schoolchildren, the familiar members of the community. The prayerful embrace included the naming of Japanese and American soldiers, those who had brought this holocaust upon the most gentle of peoples. Here was mercy quietly demonstrated. It did not make headline news. But the Prince of Peace, mocked and murdered on Easter day 1945, was powerfully alive on Easter 50 years later. In Okinawa's Peace Park, the names are engraved on row upon row of granite slabs resembling the waves of the ocean nearby. A white towering structure encloses a huge statue of Kannon, the Buddhist goddess of mercy in Japan. She is described as an Asian symbol (with no deification) and is the central figure in the structure where each year on August 15 an interfaith service is held.

There is something surreal about the Christian calendar and the dates of war atrocities. Was it a deliberately conscious act to drop the world's first atomic bomb on the Day of the Transfiguration, the day when Christ's face became "glistening white?" The word for transfiguration in Japanese, hen-yo-bo, also means disfiguration, I'm told. In Okinawa, the day of resurrection was the day of death.

In Hiroshima, the day of transfiguration was the day of disfiguration. A Christian military chaplain prayed over the bomb before it set out on its journey. "Almighty God, Father of grace, we pray you, let your grace come down upon the men who will fly in this night. Guard and protect those of us who will venture forth into the darkness of your heaven. Lead them on your wings. Guard their bodies and their souls and bring them back to us. Give us all courage and strength for the hours that lie before us, and reward us according to the hardships they will bring. But above all, my Father, give your world peace. Let us go our way trusting in you and secure in

the knowledge that you are near to us now and for all eternity. Amen."

While this prayer was being said, prayers to the same God were rising to heaven in Nagasaki, from Urakami Cathedral, the pre-eminent presence of Christianity in all of east Asia. Nagasaki, visited by Francis Xavier in the 1500s, and later by renowned European physicians, was Japan's window to the West. It became the primary medical center and the primary centre for European studies, to be visited by the top students of Japan. Although Christianity had begun to take root in the 16th century, within 100 years, the country was closed, Christianity was banned, and for the next 200 years, the Japanese Christians, known as the "hidden Christians," were hunted down to be crucified, hung over sulphur pits, tortured and killed.

In 1873, the 235 year ban on Christianity was lifted, and survivors headed back joyfully to Nagasaki, settling in the Urakami district. Urakami cathedral was built there, brick by brick by believers, and completed in 1914, the year that began the war to end all wars. At 11:02, on August 9, 1945, it was precisely on this spot over Urakami cathedral, over Christians that the atomic bomb exploded.

Rev. George Zabelka was the Catholic chaplain on Tinian Island at the time, and as he put it, "the last possible official spokesman for the Church before the fire of hell was let loose..." He lived to regret his approval of the actions that day. "There is no state of corporate evil that is not the result of personal sinfulness," he said in an interview in 1984. "In August of 1945, I as a Christian and as a priest, served not as an agent of reconciliation but as an instrument of retaliations, revenge and homicide... I chose nationalism over Catholicism, Caesar over Christ, as the "Great Artist" manned by Christians in my care, took off to evaporate the oldest and largest Christian community in Japan – Nagasaki... I played an important and necessary role in this sacrilege – and I played it meticulously. I mean it literally... A sacrilege is the desecration of what is considered holy. For the Christian, the ultimate place of the holy is the human person... Therefore every act of violence

*the last "bomb to end all bombs" at Nagasaki may yet give way to the bomb to end all life.*

## THE DAY THE BOMB DROPPED ON HIROSHIMA

*Bowen Island resident Ellen Hayakawa provided the following piece to mark the 60th anniversary of the bombing of Hiroshima. Hayakawa's aunt Sumie, uncle Minikichi, and their daughter Yasko miraculously survived that day. Sumie related her memories of the day the bomb was dropped to family member Grace Jio during Grace's visit to Japan in 1979.*

The people of Hiroshima had been warned about the impending danger of a bombing by American planes, and Sumie had prepared her family for the danger. She had sent eight-year-old Yoshihiro to stay with her parents in a farming area far from the city, and she had a satchel with money and a few belongings ready. On August 6 at 8:15 am, she had just finished hanging out her clothes, and her five-year-old daughter Yasko was playing in the dirt. Suddenly, a white plume appeared in the sky, and white clouds enveloped the entire area. Her first thought was of Yasko, and she immediately fell upon her, covering her with her body. Opa-style, she put her on her back, slipped into her house, washed her face, and unconsciously grabbed a bucket, as she was in the habit of doing. Grabbing the satchel of money, she walked and saw friends and neighbours – some with their skin falling off, and some sprawled beneath the roofs of their houses, their bowels exposed, and their flesh burning. No one stopped to help because everyone was worried about saving their own lives.

Sumie kept thinking about Yasko, aware that her daughter had inhaled the gases and was barely alive. She kept walking towards the river and wondered what had happened to Minikichi her husband. He had been feeling poorly for the last three or four days and had not gone to work. On that particular morning, he had left the house early. As Sumie walked, she saw people who were horribly burned, crying and looking for their loved ones. She suddenly realized that her satchel of money was gone and that she was carrying the bucket that she normally did her household chores with. Throwing it away, she continued to the river, which was particularly high, and she waded in chest-high. Hundreds of people were clamouring and

screaming beside her until she reached the other side. She rested on the sandy beach, and although she was thirsty she did not drink any water. Along the road, she saw many soldiers asking for water, knowing that if they did drink, death was inevitable. People told the soldiers, "Do not drink water, or you shall die."

They replied, "We do not care; it is better to die." As Sumie continued to walk, people were gathering the hundreds of dead and throwing them on to a pile of other human bodies and burning them. She continued to walk, thinking only of Yasko and herself and wondering where Minikichi was. She saw a man with a white hat that had been partially burned off, the top part of his body exposed – his clothing had been burned off – and his face bleeding. She continued to walk towards the man, certain it was her husband. Cleaning his wounds, she supported him, as he was very weak and ready to collapse. As Minikichi clung to her, she continued to the road that would take them to her parents' house. She was so tired, and had no money and nothing to eat. Spotting an army truck, she asked for a ride for her and her family. Although the truck was full of people, they were able to get on and finally reached her parents' home. Uncle Minikichi had a high fever for one month, and Sumie continued to care for him, firmly believing that vegetables restored him back to health. They also went to a desert where healing cacti grew. The family remained near her mothers' farm for 16 years. Sumie sewed kimonos and her husband made geys (drums), and taught Noh theatre.

Aunt Sumie became a professional kimono dressmaker, having moved back into Hiroshima - Eta. She sewed for 43 years and still sews at the age of 67. She would like to forget about the Hiroshima bombing, but can still visualize the large B-29 bomber and the clouds of atomic dust.

I give thanks to Grace for the careful recording of this horrific aspect of our family history. It is important to know about the strength of our family and why we are strong – that even in the midst of such profound suffering and tragedy, our ancestors and relations survived and went on. The undying spirit of the Shiraishi/Yamasaki family lives on in us today.

**TEACHER TRAINING SESSION OFFERED IN 2005\***


\*Yoga Alliance Registered  
Info session Aug 13th

**NEW LOCATION**  
175 East 15th Ave  
at Main Street  
Aug 1st

**YOGA**

[www.opendooryoga.bc.ca](http://www.opendooryoga.bc.ca)  
Energy and Relaxation 778.371.8179

**\$99 for 9 weeks unlimited\***  
\*new students only



**BODITREE**

**Pilates & Healing**

**PERSONALIZED EXERCISE PROGRAMS FOR INDIVIDUAL NEEDS**  
pain management • injury rehabilitation  
athletic conditioning

**604-736-2634**  
210-2006 West 10th Ave.

[www.boditreepilates.com](http://www.boditreepilates.com)




**YOGA TEACHER TRAINING**

**Classical Roots Contemporary Applications**

**the SALT SPRING CENTRE of YOGA**

Yoga Alliance Registered - Residential  
200 HR Training - 500 HR Modules  
Experienced 16 Member Faculty



Yoga and Personal Wellness Retreats  
250-537-2326 [www.saltspringcentre.com](http://www.saltspringcentre.com)

**MERIDIAN PILATES STUDIO**

*"Physical Fitness is the first requisite of happiness." - Joseph H. Pilates*

**We offer the following ongoing classes:**

Mat Classes:  
Beginner to Advanced

Reformer Groups:  
Mixed Levels Led levels 1 to 4

Private Lessons

**SCHEDULES & RATES**  
[WWW.MERIDIANPILATES.CA](http://WWW.MERIDIANPILATES.CA)

**#202 - 2475 BAYSWATER ST. (@ W. BROADWAY)**  
PH 604-730-4094 FAX 604-730-4174





toward a human being is an act of desecration of the temple of God in this world. War for the Christian is always a sacrilege. There is no such absurdity as a Christian ethic of justified sacrilege. I am a priest who played a role in a sacrilege and that must be said by me and others like me without equivocation or else the future is a nightmare... I want to expose the lie of killing as a Christian social method, the lie of disposable people, the lie of Christian liturgy in the service of the homicidal gods of nationalism and militarism, the lie of nuclear security."

For Father Zabelka, it was an act of mercy and grace that, in his old age, he was able to make a pilgrimage to Hiroshima and Nagasaki, to his Calvaries. He wished to look into the faces of the bomb victims and say, "Brother, forgive me for bringing you death instead of the fullness of life. Sister, forgive me for bringing you misery instead of mercy."

Dr. Takashi Nagai was a bomb victim who did not live long enough to welcome Father Zabelka. He was a nuclear physicist, dean of the radiology department in the medical school of the University of Nagasaki, a medical doctor, scientist, researcher, artist and scholar, knowledgeable about atomic energy. He was also a Christian convert, one of Abraham's children, and his beloved wife, Midori was a descendant of Christian martyrs.

He had his own understanding of the holocaust. It was not an accident. The particular place the bomb fell was not done by human design alone. That morning, according to *A Journey to Nagasaki*, a booklet published by The Nagasaki Testimonial Society, three B29s left Tinian Island with the lead plane, Bock's car, carrying a plutonium bomb. One of the planes missed the initial rendezvous point. The two remaining planes then headed for Kokura, the second target destination. This time smoke obscured the view. The back up was Nagasaki. Tokiwa Bridge, the target in Nagasaki, was covered by clouds. Captain Sweeney, the pilot, continued northwards. An hour before noon there was a break in the clouds.

In his book, *The Bells of Nagasaki*, Dr. Nagai shares his anguish in graphic detail. The children in the many schools in the area, the nuns in prayer, his wife with the rosary melted beside her bones, the faithful Christians who had been purified by such intense suffering for so long

— all these deaths were not accidental. Nagasaki's hell was a sacred offering for peace. Its meaning was that this was not to happen again. Not to anyone.

Dr. Nagai believed that the bomb was carried by the wind and by God precisely to Urakami. The grammar checker on my computer rejects the words "the bomb was carried by the wind and by God" and offers instead, "God carried by the wind and the bomb." Father Zabelka would have agreed with the computer. He says it was God who suffered at Hiroshima and Nagasaki. "Calvary, the place where Christ suffered and died... is the holiest shrine in Christianity. Hiroshima and Nagasaki are Calvaries. For here Christ in the bodies of the "least" was put to death by exactly the same dark and deceitful spirit of organized lovelessness that roamed Jerusalem 2,000 years ago." The cry of the ancient psalmist, and the cry of Christ, "My God my God, why hast Thou forsaken me?" translates, in this context to "My God, my god, why have we forsaken Thee?"

We forsake each other, and we kill, partly because, like Father Zabelka on Tinian Island, we don't know what we are doing. We don't realize that when we kill, we are killing our own. What I understood this year, as I walked the few blocks of that sacred place from Dr. Nagai's museum, to the cathedral, to the peace park, and the monument of the hypocenter, was that when we murder the other, we are murdering our own family, our Isaac, our Ishmael, our Jesus, our children, our futures. The enemy whose face is hidden from us, is our friend, our close relative, someone we love.

Could the catastrophe at Nagasaki have been prevented? Einstein, without whom the bomb could not have been made, did not know what his discoveries would unleash. He would rather have been born a peddler, he said, or a plumber. Two thousand years ago there was one who prayed that his killers would be forgiven because

they didn't know what they were doing. But today, we know what our weaponry is capable of doing.

On the walls of the museum commemorating Dr. Nagai's life was his question. Who had done this? Who had brought this catastrophe to Nagasaki? His answer was, that we had done it ourselves. We humans had created hell. We were responsible. These were not words of hatred. He was a follower of the man who said, "Love your enemy." The tiny one room house in which he wrote his books was called Nyokodo, "as yourself, house" from "Love your neighbour as yourself."

"I have my mind," he said as he lay dying. "I have my eyes, I have my hands." With these tools still left to him, the bed-ridden Nagai, in the extremity of his suffering poured his passion for peace into

his books, a line at a time. Exhausted after writing a line, he would pray, then continue with the next line. Dr. Nagai's words, "I have my eyes, I have my hands," remind me of a legend of the Goddess of Mercy. It is said that she was manifest in a compassionate princess, Miao Shan, the third daughter of a king of ancient China. Miao Shan's fervent desire was to be a Buddhist nun. The king, however, wished her to marry.

At length, the king relented and Miao Shan entered a convent, where at the order of the king, she suffered grave hardship. But Miao Shan remained steadfast. Enraged that she would not relent, her father ordered the convent destroyed. Shortly afterwards, the king became ill and was informed that only medicine made from an arm and an eye of a person without anger could save him. Miao Shan gladly sacrificed both arms and both eyes for her father's health. When the king went to give thanks to his benefactor he was horrified to discover it was his own daughter. She became the Goddess of Mercy. Like Miao Shan, Dr. Nagai offered his hands and his eyes in an act of sacrificial love.

There is another story that connects the Buddhist Goddess of Mercy with Christianity. Roughly between the sixth to the tenth centuries, as Buddhism spread eastward, the male Buddhist deity of compassion became known in China as Kuan Yin, the Goddess of Mercy. Nestorian Christians traveling the silk-road south and east from Persia were carrying statues of Mary, the mother of Christ. People, seeing these, took them to be images of the Buddhist Goddess of Mercy. In Japan, during the on going persecution of the hidden Christians, the presence of these statues in Christian homes signified to the authorities, that these were Buddhist homes. But unseen by the persecutors were crosses and crucifixes, symbols of Christianity, hidden within the Madonnas. Here is an instance, thanks to a confusion in the minds of persecuting authorities, that the mother of Jesus and the Goddess of Mercy stayed the hand of murder.

My first encounter with the Goddess of Mercy was in a dream in a Buddhist temple when I was visiting Japan in the early '90s. Before that dream, I had not given a thought to Her and knew nothing at all about Her. I described the experience in *The Rain Ascends*, as the narrator, Millicent Shelby, begins her journey saying, She came to me that spring in a dream and touched me in her evanescent way, saying that she, the Goddess of Mercy, was the Goddess of Abundance. Mercy and Abundance. One and the same. The statement shone in my mind with the luminosity of an altogether new moon.

It's about a decade later now and the "altogether new moon" of that dream still shines in my mind, but even more strongly today. The Goddess of Mercy, is the Goddess of Abundance. I didn't understand what the dream meant at the time, but today I recognize that both mercy and abundance are aspects of the same God of Abraham who demands our all. Today in our slavish devotion to our dream of abundance we have forgotten that without mercy there can be no abundance, and without abundance, there can be no mercy. The market fundamentalists of our day, like Christian fundamentalists, Islamic fundamentalists and Jewish fundamentalists, are willing and able to wage war, to sacrifice our collective children and the future. Without obedience to the voice of Mercy, our worship of Abundance is

*continued on page 29*

## Dr. Jim Chan, N.D.

### Information session on: Chelation Treatment

We are looking for 50 eligible patients who are waiting for cardiac bypass surgery, to participate in a free trial of Chelation treatment.

Call 604.273.4372 to reserve your seat at the next available session

3331. No. 3 Road  
Richmond, B.C. V6X 2B6  
604.273.4372

[www.drjimchan.com](http://www.drjimchan.com)

Other services offered at the clinic include:

Anti-aging and longevity medicine  
Complementary cancer care  
Cancer prevention  
Detoxification  
Allergy testing

## Sacred Geometry and Coherent Emotion

Practitioner Certificate Training

with Dan Winter

*Don't miss this... training  
with one of the most profound  
thinkers of our age.*

Sept 2-4 Part One  
Chiron Mystery School - Calgary  
Sept 9-12 Part Two  
Camp Cadicasu - Bragg Creek

<http://www.soulinvitation.com/course>  
For more information and registration  
Paul Harris paul@aureamedia.com  
403 508-2700

## Sunshine Coast School of Holistic Health Sciences

Classes begin September 2005

Cranial Sacral  
Myofascial Release  
Strain-Counter-Strain  
Muscle Energy  
Visceral Therapy  
Manual Lymph Drainage  
are some of the courses being offered

find us at [www.scs-hhs.ca](http://www.scs-hhs.ca)  
[scshhs@lightspeed.ca](mailto:scshhs@lightspeed.ca)  
1 604 885-5558



# Compassion in action

## RICHMOND SCHOOL WINS SEVA AWARD

by Maggie Westhaver

Seva Canada Society and Goldie Hawn's Bright Light Foundation are pleased to announce that students of Richmond Education Crossroads have been awarded the 2005 Seva Compassion in Action Award. Crossroads is an alternative school with students considered to be emotionally or socially vulnerable. Some of the students themselves have been homeless in the past, which enhanced the compassion and dedication that went into the project.

With the support of their teacher, Carolyn Zacharias, six students – Ellie McIvor, Ashley Blais, Stephanie Cowan, Danielle Morgan, Nick Wells, Cody Gabrielli and Tara Melanson – initiated Project Hope, a community project that demonstrated careful and imaginative thought and genuine concern for well being of others.

Out of true compassion for others, the students embarked on Project Hope, a mission to clothe those in need. Items such as scarves, mittens, and toques were either collected – or knitted – and handed out to people on the street, or donated to agencies that help the homeless. Not only did the students donate clothing, but they also attached tags to the items, expressing their empathy with words such as, "Along with the warmth in our hearts, we want you to have a little something to help keep you warm on the cold nights through the winter."

With the help of Roland Case of the Critical Thinking Consortium, Seva Canada Society developed the award as an incentive for students to engage in social action projects. The award harmonizes well with Seva's principles. The goal of Seva's sight programs is to prevent and reduce unnecessary blindness.

Seva believes in the right to sight for all human beings equally regardless of race, religion, colour, caste, gender, economic status, or education. Seva's objective is to increase the utilization, affordability, and availability of quality eye care for underserved populations. Those largely affected are women, children, marginalized populations, and those living in abject poverty. Seva's overarching theme is to promote local ownership and financial and social sustainability. Every five seconds one person goes blind. A child goes blind every minute. Seva believes this can easily be prevented.

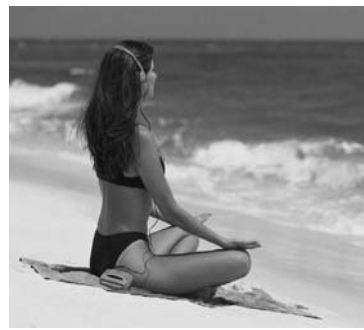
There were many impressive submissions this year and the adjudication committee had an arduous task in deciding among the three excellent finalists. After a two-hour debate, Richmond Education Crossroads was chosen as the winner and will receive a \$500 award. Britannia Secondary School received Honorable Mention for their Give Back Day, another impressive effort involving the entire school.

The adjudication committee was especially impressed with Project Hope's heartfelt concern for the wellbeing of the homeless in the community, the detailed and imaginative planning of the initiative, the personalized support given the homeless, and the spirit of cooperation evident in carrying out the project.

Last year's award was given to students from Victoria High for a project on non-violent communication and was kindly sponsored by Tides Canada Foundation. It is awarded annually and is open to all Canadian students.

Maggie Westhaver is executive director of the Seva Canada Society.

[www.seva.ca/compassion](http://www.seva.ca/compassion)



FREE CD and Report Reveals...

**The Most Powerful Personal Growth and Stress Management Tool On Earth and How This Miracle Audio Technology Will Have You Meditating Deeper Than a Zen Monk in 17 Minutes or Less, Guaranteed**

If you'd like to meditate deeper than a Zen monk, literally at the touch of a button, this may be one of the most important messages you will ever read. Here is why.

Based in part on Nobel Prize-winning research on how "complex systems" (human beings, for instance) evolve to higher levels of functioning, a personal growth program has been created utilizing a powerful audio technology called Holosync®.

A precise combination of audio signals gives the brain a very specific stimulus that creates states of deep meditation — and causes the creation of new mind-enhancing neural connections between left and right brain hemispheres.

Now a New CD and Report Reveal...

- The scientific evidence proving how Holosync® increases the production in the brain of many vital neurochemicals that can slow aging and increase longevity.
- How to achieve super-deep meditation, at the touch of a button.
- How to dramatically reduce stress.
- How to create remarkable emotional changes at the deepest level.
- How to improve your health.
- How to heighten your creativity and problem-solving ability.
- How to have more restful sleep.
- How to boost your intelligence.
- How to increase your focus, concentration and learning ability.
- How to enhance your memory.
- How to have more happiness and "flow" in your life.
- How to heal mental and emotional blocks.

The complete educational report on this amazing new technology and Holosync® CD, worth \$19.95, are FREE to Common Ground readers for a limited time.

**Call NOW for your FREE CD and Report toll-free (24 hrs)**

**1-800-710-1804**

[www.magicalmindonline.com](http://www.magicalmindonline.com)

## VanDusen Botanical Garden

Celebrating 30 years of connecting people to plants



Anniversary August

**CELEBRATION!**

Special events daily

Media Sponsor

**courier Common Ground**

Oak St. at West 37th Ave.  
Information Line 604-878-9274  
[www.vandusengarden.org](http://www.vandusengarden.org)

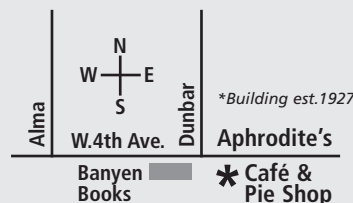


**Vancouver's First Truly Organic Café.**

Eat In or Take Home

**NEW: Veggie Pot Pie, Turkey Pot Pie**

- Yummy vegetarian soup & farm fresh salad
- Authentic thin crust Italian Pizza: wheat & spelt crust
- Organic fruit pies & desserts
- Brewed chai hot or iced & 100% Organic Fair Trade coffee & tea
- Brunches on weekends 11-4
- Open 11-9 Mon-Sat • 11-8 Sun



**3598 West 4th Avenue**

[allan\\_christian@telus.net](mailto:allan_christian@telus.net)

**604-738-5879**

**Next to Banyen Books**





## Erickson College

**Expand your skills.  
Advance your career.  
Find your success.**

**Whatever your goals,  
the opportunities for  
coaching are limitless...**

**Providing comprehensive  
training for coaches,  
coaching skills, advanced  
communication and  
Integral Neuro-linguistic  
Programming**

### INFORMATION EVENING

**for September Courses:  
August 3 – 7:00 pm**

RSVP online or call 604-879-5600

### NLP Practitioner Program

7 weekends Starting September 10-11

### Full Time Coaching Diploma

Complete the highest level of  
Solution Focused Coach training  
in North America.

### The Art & Science of Coaching

Module 1 begins Sept 15-18  
or Sept 29-Oct 2  
ICF Accredited Training

### COACHING FORWARD

**August 27 & 28 \$199**

An Introduction – Come see for  
yourself what coaching is about.  
*Discover, have fun and get results.*  
• Experience Coaching •

Get details at [www.erickson.edu](http://www.erickson.edu) & register online

Erickson is PCTIA Accredited.  
Financing is available for some courses.



**ERICKSON  
COLLEGE**

A HUMAN DEVELOPMENT  
COMPANY FOR 20 YEARS



Phone: 604-879-5600  
email: [info@erickson.edu](mailto:info@erickson.edu)

2021 Columbia St., Vancouver, BC,  
Canada V5Y 3C9

**[www.erickson.edu](http://www.erickson.edu)**

# The politics of love

## FILMS WORTH WATCHING

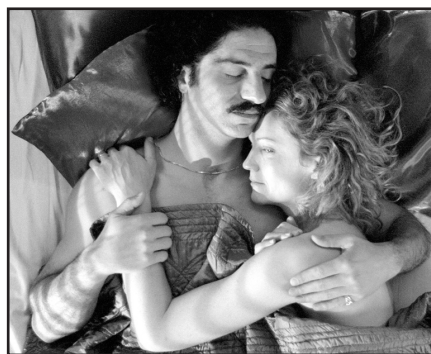
by Robert Alstead

**Y**es is a love story quite unlike any other. It will especially appeal to those who believe that the spoken word never went out of fashion. Borrowing from the rich literary tradition of Shakespeare, John Donne, Alexander Pope, et al, it explores deep emotions and poses burning metaphysical and political questions through the witty exchanges of two lovers, spoken in iambic pentameter. According to Sally Potter, she began writing the screenplay immediately after 9/11: "I felt an urgent need to respond to the rapid demonization of the Arabic world in the West and to the parallel wave of hatred against America... instinctively I turned to love and to verse."

Using verse instead of dialogue might have come across as a rather artificial device, even in a full-blown romantic drama such as this, but instead, writer-director Sally Potter's thoroughly modern and often raunchy script is all the more impressive for it. There is a certain formality to the language, as you'd expect, but the delivery here is much more natural than the singsong renditions of poetry you might remember from high school. The rhyming dialogue, delivered by a fine cast in the natural lilt of everyday language, provides clarity and allows for the characters' intelligence and deeper thoughts to shine through.

Joan Allen plays a high-flying, but unhappy, molecular scientist, only referred to here as "She," who is trapped

in a loveless marriage with an aloof politician (the ever reliable Sam Neill). "He," a debonair Simon Abkarian, first appears as a Middle-Eastern Don Juan serving tables at a banquet. There, he notices She's distress, flirts with her, and makes a date. As one line goes, "conversation is an aphrodisiac," and a passionate affair, as wordy as it is physical, develops between the two.



He and She in Sally Potter's *Yes*.

At first, He bursts onto her frozen existence like a life-giving sun. Until he sickened of the violence and left to become a cook in London, He was a surgeon in Beirut. As the clandestine romps continue, the lovers' conversation turns on their differences. She, an American of Irish extraction, is no stranger to loneliness and says she understands the pain of his exile. However, after He has a confrontation at work, effectively portrayed through a series of swears couplets with

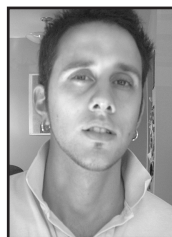
other kitchen workers, a chasm develops between the two. One could read the relationship as a love story or as an allegory of two sides struggling to come together - East and West, Christian and Muslim, the have and the have-not - against the creeping influence of negativity.

Some areas of the story are hazy, such as She's responsibilities toward a self-absorbed, teenage stepdaughter. Joan Allen is a powerful emotional presence, but Potter's focus on She's internal life, with frequent interior monologues, means frustratingly scant coverage of her relationships. The narrative arc is not always a smooth one, and in one instance, a memorable scene in a Belfast hospital with She at the deathbed of a beloved, leftie aunt, seems awkwardly tacked on.

Visually, the film is striking with unusual camera angles emphasizing the artfulness of *Yes*. Stark sets convey the emptiness of She's life outside of the love scenes, which, by comparison, abound with luscious food imagery and colour. She's dull kitchen could be dressed for a Brechtian play; I couldn't see a single kitchen implement on the sideboards. When She and her husband sit down to the evening meal, it is as if they are sitting as subjects for a still life painting.

I haven't even mentioned She making a videotape message to God. Or the pixyish cleaning maid who talks in metaphysics about the durability of dirt. For all its strangeness, the film brims with fierce intelligence. With the recent bombings in London, and the escalating carnage in Iraq, it is a timely reminder to live for yes rather than no.

Robert Alstead also writes online for [www.iofilm.ca](http://www.iofilm.ca) Email: [robert@iofilm.ca](mailto:robert@iofilm.ca)



## Travelling

### A STORY OF THOUGHTS FROM ABROAD

by Ishi Dinim

**S**itting in a sauna (no, a Paris Metro) swiping the sheen of sweat and pollution from my eyebrows. Thinking about language, social order, politics, sex, basketball, privilege, food, food! I thought this was the center of good taste? Reputations only go so far. BANG! There are these little packs of hellions chucking Bastille Day firecrackers over the edge above us onto the subway platform, scaring us all. BANG! Each explosion triggers a memory of the callous murders in London, only days before.

Reading books and people. Terrorist, foreign policy, soldier, war, legal, religion, illegal, incentives, doing the "right" thing. Upside-down notions of how to deal with the enemy. Who is the enemy? Fear and alienation. Education and self-righteousness. So much I'll never understand. This heat is oppressive I can't think properly. Why was it that I came here again?

Originally I meant to go to France to assist my grandparents and document their stories, my history. They told me

tales of resistance in the face of Nazi occupation, falling in love with each other in a refugee camp, struggling for a new life in Israel, so many riveting things. Being with my grandparents became very difficult, I won't elaborate too much for personal reasons, but it was extremely painful and eye-opening. I learned a lot: about the aging process in a relationship, sometimes just being and not recording, and that I sure have it good in Vancouver. It is funny how one's purpose can change part way through. You can enter into a situation or a moment with a clear intention and sometimes you decide to change it, and sometimes it changes you. Switching to a left hand lay-up at the last second, picking up the camera for something banal, or buying a plane ticket.

This trip made me think about the paradoxes of freedom. Not the-with-us-or-against-us-they-hate-our-way-of-life kind of freedom, but the differences in two G-8 societies, powerhouses in espousing their versions of free living. There are sacrifices

or a give and take inherent in having certain attributes like culture, space, education, or democracy. In Paris I wandered around soaking in the architecture, the history, art, culture, energy. In Vancouver, I marvel at the open spaces, the friendliness, sky, mountains, and ocean.

Even now that I'm back and writing this, everything seems jumbled still. I don't know how to explain it to make it sound right but things just move differently here. A familiar order. I'm habituated to this pace, these elements. I don't have to continuously analyze new, over-stimulating, over-saturated, abundantly frenetic moments every few minutes. I feel there is a real peace here, even with all the flaws inherent in our society. I can really feel it, being home.

Links:

[www.peace.ca](http://www.peace.ca) [www.novaplanet.com](http://www.novaplanet.com)

Quotes:

When someone gives to you, take. When someone takes from you, cry.

- Alexandre Doubchak (my grandpa)

The liberty of a democracy is not safe if the people tolerate the growth of private power to the point where it becomes stronger than the democratic state itself. That in its essence is fascism - ownership of government by an individual, by a group or any controlling private power.

- Franklin D. Roosevelt  
*continued on page 28*



# The nuthouse

STORY SLAM WINNER FROM JULY

by Bill McNamara

When I was 20, I had a job delivering medical supplies around the Lower Mainland. One place I used to go about every two months was Essendale,

a good pear. This one was on its side. She had one little eye and one big eye. She had too many nostrils, and one big claw-like hand was gripping the railing as the other

we were, in a hallway full of people...Oh yes...people. People I cannot and will not describe. People I don't believe it's right to describe.

And as I ran down that hallway, I made a second mistake. I looked in the rooms on the right and the rooms on the left and in those rooms I saw...POW! That was my mind popping like a cheap balloon. Overload! From that point on, all I could see was a thick, creamy, white fog and in that fog I heard a voice like Scarlet O'Hara saying, "I'll think about this tomorrow." But behind that voice was another voice and it was saying, "Oh no you won't." And I agreed more with that second voice and kept on running. Up stairs. Down stairs. Through hallways till we came to a huge room at the front of the building, and that room was like a lobby, and in the middle of that lobby was a desk, and that desk was like a donut, and in the middle of that donut was a nurse.

We walked up to that nurse, panting, wheezing, gasping and we said to her, "We're truck drivers. We don't belong here!"

She gave us a glance and said, "OK," and pushed a button. The front door made a buzzing sound, and we hurled ourselves out onto the lush green lawns of upper Essendale. And yes, there were crazy people out there too. You could tell they were crazy just by looking at them. But compared to what we'd just seen inside that building, these guys looked pretty good. So we smiled and waved at everybody as we walked around to the back of the building, and there by my truck stood old Bob Strothers.

He said, "Where the hell were you?"

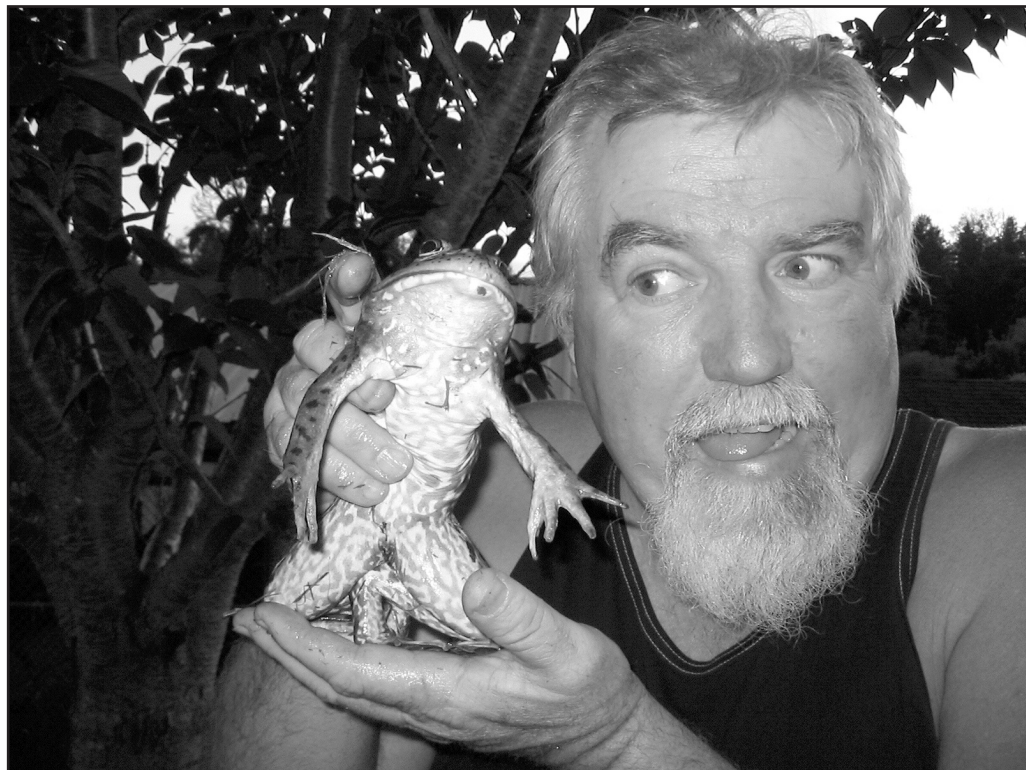
I said, "We decided to look around."

He said, "Well, don't do that."

I said, "Bob, we ain't never gonna do that again!"

He signed our papers and we left, and that was 35 years ago. And to this very day I still see my good friend Nicky every now and then, and we've never discussed that incident since.

*Bill McNamara is a cartoonist, animator, writer, and builder of hot rod cars and trucks. Published in various motorcycle magazines since 1976, he is at present just driving a truck. He can be reached at b&dmcnamara@telus.net. Story Slam is held on the second Wednesday of every month, 9 pm, Our Town Cafe, 245 E. Broadway at Kingsway. Contact Johnny at 604-254-0355 or boltsoffaction@hotmail.com*



Bill with amphibian friend.

the insane asylum. On this particular day, my good friend Nicky decided to come to work with me. Nicky. The toughest guy I ever knew.

At Essendale, the place I needed to get to was central pharmacy. This was located in the basement of the building at the top of the hill where they housed the criminally insane and the insanely insane. When we arrived, I backed down the ramp and we unloaded the goods, then we went to look for old Bob Strothers, the man in charge, but Bob wasn't in his office, so we looked through this door, this door, this door, and this door here that just closed behind us with no doorknob on the inside.

We'd made a dreadful mistake. There we stood in a long green hallway. At the far end to the left was a sign that said: STAIRS with a little arrow pointing up, but between us and that sign was a crazy-man - a little guy, stuck to the wall, held there as if by magnetism. His head was turned away from us, and his pants were down to his ankles. Nick and I decided to head to the other end of the hallway. Not wanting to look frightened in front of each other, we opted for the casual-high-speed-walk. When we got to the other end of the hall, we were "casually walking" at about 30 miles an hour. We hung a hard right up the stairs and about halfway up we encountered someone coming down. This was a woman...a giant woman. If she was not six-foot-six, then she was seven feet tall. She weighed an eeeeasy 500 lbs! Her head was shaped like a pear, but not

loooooomed out above us.

Just then I heard a piercing shriek. It was Nicky! And he was scared! Now I was already scared, but seeing him scared made me really scared, because I didn't think he could be scared. I looked at him again and realized that he was terrified, so I became horrified, then we both became petrified, because at the same time we each had the same thought: "The last man down the stairs was the one that woman was going to grab and possibly eat." We turned to flee, but slammed face-first into each other. Without a moment's hesitation, we began to punch and kick each other as hard as we possibly could in order to orient ourselves in the downstairs facing position.

Once at the bottom of the stairs, we tore down the hall at blistering speed. The guy who was stuck to the wall was at the end of the hall. He heard us coming and turned to look. He was on the right, so we stayed to the left as best we could, hoping to zip by without incident. But no such luck. At the last possible second the magnetism that was holding that man to the wall gave out! He sprang towards us; his little hand shot out. He wanted to shake. "Hi! How are ya! Nice t' see ya..."

We squealed like little girls and slapped his hand down. We did not want to touch a crazy man and thereby go crazy ourselves and have to stay there. At the bottom of the second set of stairs, we looked up. All clear! Like twin rockets, we shot to the top. We made a hard right and there

## ARTS



*International College of  
Traditional Chinese  
Medicine of Vancouver*

**A Rewarding Career in  
Natural Health Care!**

**Diploma programs towards:**

- ✓ Doctor of TCM
- ✓ Licenced Acupuncturist
- ✓ Licenced Herbalist
- ✓ Licenced TCMP

**1 Year Certificate Program**

- ✓ Chinese Tui-Na & Reflexology

**Classes Start:  
September 5  
2005**

Financial assistance may be available.

We accept transfer credits.

Accredited by the Private Career Training  
Institutions Agency of British Columbia



**CLINIC OPEN TO THE PUBLIC**

✓ Teaching Clinic

Free Consultation,

Very Low Cost on Treatments.

✓ Professional Clinic

**Dr. Henry Lu, Ph.D.,**

**Dr. Laina Ho, DTCM**

We treat pain, gynaecological  
disorder, allergies, arthritis, de-  
pression, other chronic conditions  
and much more.

**Free**

**Info sessions on programs:**

**Aug 4, 11, 18 & 25  
2:00 - 4:00pm**

**Call: 731-2926**

**201-1508 West Broadway,  
Vancouver B.C. V6J 1W8**

Email: info@tcmcollege.com  
www.tcmcollege.com





# Free of pain

## THE POWER OF NOW

by Eckhart Tolle

The Buddha says that pain or suffering arises through desire or craving and that to be free of pain we need to cut the bonds of desire.

All cravings are the mind seeking salvation or fulfillment in external things and in the future as a substitute for the joy of Being. As long as I am my mind, I am those cravings, those needs, wants, attachments, and aversions, and apart from them there is no "I" except as a mere possibility, an unfulfilled potential, a seed that has not yet sprouted. In that state, even my desire to become free or enlightened is just another craving for fulfillment or completion in the future. So don't seek to

become free of desire or "achieve" enlightenment. Become present. Be there as the observer of the mind. Instead of quoting the Buddha, be the Buddha, be "the awakened one," which is what the word buddha means.

Humans have been in the grip of pain for eons, ever since they fell from the state of grace, entered the realm of time and mind, and lost awareness of Being. At that point, they started to perceive themselves as meaningless fragments in an alien universe, unconnected to the Source and to each other.

Pain is inevitable as long as you are identified with your mind, which is to say as long as you are unconscious, spiritually

speaking. I am talking here primarily of emotional pain, which is also the main cause of physical pain and physical disease. Resentment, hatred, self-pity, guilt, anger, depression, jealousy, and so on, even the slightest irritation, are all forms of pain. And every pleasure or emotional high contains within itself the seed of pain: its inseparable opposite, which will manifest in time.

Anybody who has ever taken drugs to get "high" will know that the high eventually turns into a low, that the pleasure turns into some form of pain. Many people also know from their own experience how easily and quickly an intimate relationship can turn from a source of pleasure to a source of pain. Seen from a

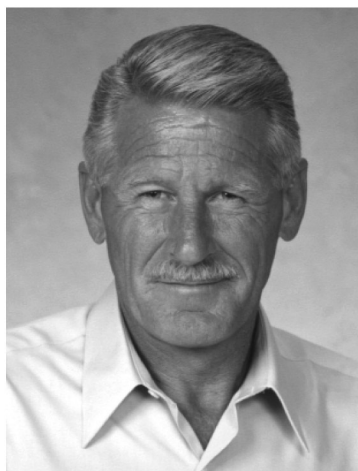
higher perspective, both the negative and the positive polarities are faces of the same coin, are both part of the underlying pain that is inseparable from the mind-identified egoic state of consciousness.

There are two levels to your pain: the pain that you create now, and the pain from the past that still lives on in your mind and body. Ceasing to create pain in the present and dissolving past pain – this is what I want to talk about next.

Excerpted from *The Power of Now* by Eckhart Tolle, \$14 US, \$15.75 Canada, trade paperback, published by New World Library and Namaste Publishing. Available at local and online bookstores. [www.newworldlibrary.com](http://www.newworldlibrary.com) [www.namastepublishing.com](http://www.namastepublishing.com)

## MasterPath

### THE TEACHINGS OF LIGHT AND SOUND



Sri Gary Olsen,  
Spiritual Leader of MasterPath

There are two approaches to God, the conventional and the universal. Conventional truth instructs us to search for God and truth outside ourselves, whereas universal truth instructs us to search for God and truth within ourselves. There is a vast difference between the two of which greater numbers are growing increasingly aware.

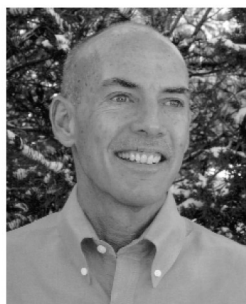
— Sri Gary Olsen

#### CONVENTIONAL APPROACH

Search for God in the church, temple ..... God, Soul and Spirit exist inside the body  
Born in sin, forgiving of sin ..... Born in Perfection, resolving of karma  
Only one lifetime, in one body ..... Soul experiences many lives, in many bodies  
External worship of saints ..... Realizing your own sainthood  
Mind/personality are the disciple ..... Soul is the actual disciple  
Morality, ethics, good and bad ..... One Truth in all experience  
Hope of heavenly reward in afterlife ..... Heavenly state attained while living  
Ascended Master ..... Living Master

#### UNIVERSAL APPROACH

All sincere seekers are cordially invited to a free introductory video and talk on the Mysteries of the Divine Spirit, by Dennis Holtje of MasterPath.



Dennis Holtje,  
Representative of MasterPath

Saturday, August 13th — 12:00 pm - 3:00 pm

Coast Plaza Hotel

1763 Comox Street, Vancouver, BC

12:00 - 1:30 pm ..... Video Presentation of Sri Gary Olsen

1:30 - 2:00 pm ..... Break

2:00 - 3:00 pm ..... Introductory Talk

Seekers interested in investigating further are invited to attend a second meeting following the video presentation.

To receive an *introductory profile* and *audio tape* (at no charge), please write to:

Attn: Intro, MasterPath, P.O. Box 9035, Temecula, CA 92589-9035 USA [www.masterpath.org](http://www.masterpath.org)





# Why are we here?

UNIVERSE WITHIN *by Gwen Randall-Young*

Throughout time, writers and philosophers have grappled with the question of the meaning of life. Most of us have reflected upon the mystery that is life. We look around at all that has happened throughout history, and what is unfolding in the world now, and try to grasp some idea of what it is all about.

Of course, no one can state definitively why we are here, or how we emerged from whatever was here before us. We can only ponder the miracle of each generation emerging from the one prior, carrying the evolutionary process a little farther along each time. It is fascinating that the progress is the result of what transpires in the minds of individuals. There is no external blueprint to follow; if there is an internal blueprint, then we each carry a part of it. Always, there are individuals who have brilliant insights that allow our species to take great leaps. But those insights have little power until other individuals understand and integrate them. As in a three-legged race, it seems to take individuals grouping together cooperatively to have any forward movement.

So also, as with flowers, it seems the collective consciousness blossoms with some good cross-pollination as we make our way along the evolutionary path. That is why it is so important to utilize our powers of independent thinking. It is easy to get hypnotized into just following the common culture, like lemmings all running in the same direction. We know what happens to lemmings. We cannot afford to put our consciousness in neutral and just drift along. We can avoid this by allocating some of our awareness to regular reflection on the meaning of our own lives. That meaning, by the way, is whatever we choose it to be. We must make our own meaning. We decide the part we want to play in this lifetime, whether or not we are conscious of our decision. We decide how we will use ourselves in relation to others, and what our priorities will be.

In our culture, it is not always easy to talk about these bigger questions. Some people are intimidated by such topics,

fearing that their lives may have no meaning. It can be easier to tread the waters of superficiality than to take a deep dive to explore the unknown. Perhaps it is our evolutionary obligation to search the depth of our own souls and bring the buried treasure we find there to the surface to add to the collective wealth. Sure, we can still build financial empires, have babies, and play golf if we want, but we need to know who is actually doing these things. All those activities are temporal, but who we really are at our depth is eternal. Our soul is on a journey, and all the stuff of life that we take so seriously may simply be the props we are to work with in relation to our level of awareness and consciousness.

*It is easy to get hypnotized into just following the common culture, like lemmings all running in the same direction. We know what happens to lemmings.*

That is why it is important to keep in conscious contact with our own souls. We need to occasionally sit back and be the observer of our own lives. A good relationship with the soul serves one well, both during times of crisis and when aspects of our lives inevitably change. The meaning we give to our lives must be something deeper than our present circumstances, for those will change. First, we learn to connect with our souls. Then, we can work on learning to speak from that level. In a world so filled with things to do, at an often dizzying pace, it is easy to get wrapped up with our friends and families with ego-level functioning and communicating. To do so is to miss out on the precious opportunity to truly assist one another on our evolutionary journeys. We are here for a reason, we are all connected, and the people in our lives are not there by chance or accident. Be curious about the meaning. Ask your ancient soul to tell you. If you listen very carefully, it will.

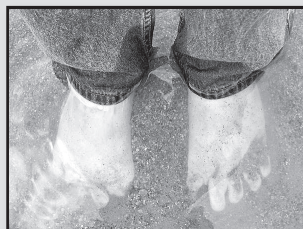
*For more on this topic, see Growing Into Soul: The Next Step in Human Evolution by author and psychotherapist Gwen Randall-Young. Books and healing CDs are available through [www.gwen.ca](http://www.gwen.ca), or email [gwendall@shaw.ca](mailto:gwendall@shaw.ca)*

## IonFootSpa

1-888-466-0772

Enhances body detox • Purify blood/lymph  
reduce pain/inflammation • stimulate immune system • Inactivates virus, fungus, yeast  
chelates metals • promote energy/weight loss  
See toxins (particles, fat, mucus...) after 30 minutes session!

604-542-2420 [ionfootspa@shaw.ca](mailto:ionfootspa@shaw.ca) [www.ionfootspa.ca](http://www.ionfootspa.ca)



## Soul Life Readings

THE READING COVERS:  
your soul's purpose and mission this lifetime

- talents, abilities
- significant past lifetimes
- blocks preventing expression of your higher Self
- your spiritual guides
- in depth intuitive readings and chakra readings are also available by appointment

Lee Sosnowsky  
(604) 913-6743



Hope Bridge Services

Provides employment services to people negatively impacted by substance misuse who are clean and sober and ready to begin training and or employment in the next 3 months.

Services offered include:

- Vocational assessments
- Job search strategies
- Recovery compatible "Back to Work Action Plans"

For More Information  
Call 604-879-9770

- No Fee Service •

Canada

## Bathe in well-being

SPECIAL  
FIRST  
VISIT  
OFFER

ONLY  
\$20  
Reg. \$60

Same day up to 2  
different treat-  
ments at \$20  
each. Valid Until  
August 30, 05

The Art and Science of  
Medicinal Bathing

- Preventative • Curative • Palliative
- Improve the General well-being of your body

Choose From:

- 1Hour acupressure massage
- 1Hour foot reflexology massage
- Infrared sauna detox
- Chinese herb plus Ozone steam sauna
- Sea salt rub and sea salt bath
- Aroma Dynamed dry sauna

Vancouver  
Balneotherapy  
Center

Dr. Jim Chan, ND

5108 Victoria Dr.  
& 35th Ave.

For Appointment  
please call  
604-324-3717 or  
604-893-8888

M-F 9am-9pm  
Sat. 9am-6pm



1460 North  
Beach Road,  
Salt Spring  
Island, BC

## Ayurveda Custom Detox Cleansing Programs and Group Retreats



\*Weight loss\*



\*Rejuvenation\*

[www.saltspingspa.com](http://www.saltspingspa.com)

When it comes to health, most of us believe  
we're fully covered.

Unexpected illness brings unexpected costs.



Siobhan Harlow

Bus 604 607-3970 ext 271

Cell 604 309-9128

[siobhan.harlow@clarica.com](mailto:siobhan.harlow@clarica.com)



CLARICA

Associated with Clarica Financial Services Inc. and Clarica Investco Inc.





# Forgiveness

**SIMPLY WOMAN!**

by Crystal Andrus

If you are not making the necessary changes to achieve your goals, you need to figure out why you are holding yourself back. For many of us, the answer lies in history. We work hard at forgetting and erasing our past, pretending the tough times we have been through no longer affect us. Yet some of us have deep scars that keep us stuck, without our even realizing it. You may no longer even think about painful times from the past, or the people who might have hurt you, but everything you have been through has made you who you are today.

Some women hold on to their pain because it allows them to blame others when they make poor choices. They choose to stay stuck because it provides self-justification for their fears. Living in pain becomes the comfort zone, and crisis and drama help to prevent anyone from getting close. If this sounds like you, the key to getting unstuck is to forgive. Really forgive, and then forget.

Forgiveness is not intended to mend anyone else or to say, "It's okay to abuse me." It is to help you move forward to

find new joy and love. And just as we must forgive those who have trespassed against us, we must also forgive ourselves for our mistakes. Wipe your own slate clean, and begin to make smarter choices from this point on. Don't make things more complicated than they have to be, and stop the self-sabotage. Only you know if you are ready to make the choice to live authentically. You can choose to be angry and resentful, or you can just as easily choose to be loving and forgiving. It is up to you.

## Nutrition

Every mouthful of food becomes your skin, hair, muscles, bones, heart, organs, nervous system, brain, immune system, energy, enzymes, and hormones. This means that food quality is extremely important. Toxins or chemicals in our foods lead to cell damage, resulting in fatigue, cloudy thinking, lowered self-esteem, leaky-gut syndrome, poor com-

plexion, weight gain, irritability, and poor digestion. This can lead to a vicious cycle creating mood swings, poor concentration, depression, and even PMS.

It is very clear to me that at least 80-85 percent of all our ailments are caused by our diet, lifestyle, or environment, while less than 15-20 percent are genetically ordained. This means that although we might have a genetic predisposition for a certain disease, only 15-20 percent of all our illnesses are passed on from our parents. Our genetics are not our destiny.

***At least 80-85 percent of all our ailments are caused by our diet, lifestyle, or environment, while less than 15-20 percent are genetically ordained.***

Signs of toxic accumulation in our bodies include arthritis, food allergies, poor memory, abnormal body odour, bad breath, psoriasis, and adult acne. To help clear out the toxins, eliminate chlorinated water, processed foods, sugar, artificial sweeteners, and alcohol. To limit exposure to chemicals in food, opt for organic whenever possible. If you use conventionally grown fruit and vegetables, wash them carefully, removing outside leaves and peeling when possible.

Continue to eat from the Green Light food choices. (You can find them at the back of *Simply... Woman!*) Pay attention

to hidden calories in oil, as even healthy kinds such as olive oil are very calorie dense. Don't ruin that perfect low calorie salad with three tablespoons at just over 400 calories. Apple cider and balsamic vinegar are great on salad. Try sautéing your veggies with a touch of water instead of oil for a stir-fry. Use spices, lemon, limes, vinegars, salsa, garlic, and herbs instead of ketchup, barbecue sauce, gravy, and dressings. Freshly squeezed lemon juice is fantastic on fish. Chicken cooked with salsa gives it gusto, or try cinnamon on a baked apple for dessert.

## Exercise

Keep things interesting by trying some new things. If you are getting bored with walking/jogging/running, substitute another form of intense cardio. Choose a form of exercise such as a spinning class, step aerobic class, or kick boxing that is considered intense and which will maximize your fat burning sessions. Just be sure to keep up with your cardio workouts. This is a journey that takes time, perseverance, and consistency.

*Crystal Andrus's column is a condensed version of her new book on personal transformation. She is an authority on women's health, a sought after speaker and author of the best seller Simply Woman! The 12 Week Body/Mind/Soul Total Transformation Program. [www.hayhouse.com/details.php?id=2247](http://www.hayhouse.com/details.php?id=2247)*

## Formulas as individual as *you* are.

Formulated by renowned Naturopathic Doctor  
Mikhael Adams B.Sc., N.D.

# Progressive

NUTRITIONAL THERAPIES





# Herpes – a holistic approach

by Christopher Scipio

Fifteen years ago, I contracted herpes in the context of a monogamous relationship. Being both open-minded and desperate, I tried drug therapy and immediately got migraine headaches for the first time in my life. It was clear that I had to find a natural way of managing the disease since I was going to have it for the rest of my life. I also needed a way to resume my sex life without dreading the likelihood of passing it on to others.

For the next two years, I tried every natural therapy available. Frustrated with the lack of consistent and lasting results from most of the touted natural remedies for herpes, however, I started developing my own treatment program, based on my family's multi-generational background as herbalists.

Through my experience, I found that herpes must be addressed on many levels. Obviously, changes in nutrition and lifestyle were important, but the deep shame and psychological effects of the disease were equally, if not more, important to treat than the outbreaks. Herpes can also change quite significantly during the course of the disease, so any protocol would have to be flexible enough to deal with the evolutionary nature of the presenting symptoms.

I also don't believe in the validity of suppressive therapy for herpes. I think that suppression inevitably leads to the disease expressing itself in other ways – ways that may be more devastating than conventional outbreaks – so the protocol is not designed to suppress outbreaks altogether, but rather to lengthen the period of time between outbreaks and to shorten their duration and greatly lessen their severity. Some people have had their average duration of outbreaks reduced from 12 to 16 days to one to two days, and some individuals have been able to prevent most outbreaks from reoccurring altogether.

The protocol does not cure the disease, nor does it stop all symptoms from appearing. Even those who have been able to stop most of their outbreaks have experienced some mild, infrequent outbreaks. For many, it is less than one per year.

After taking someone's case, the protocol is adjusted depending on many factors including the strain of the virus; the frequency, location, and duration of outbreaks; the relative health of the client's self-esteem and the relative level of stressors; whether the client is male or female; and the length of time with the disease. For most people, the protocol involves both internal and topical remedies; for

*I counsel people to make peace with the disease, and above all else, I encourage people not to be ashamed of having herpes and to have the courage to speak about the condition.*

everyone, it involves a combination therapy. I learned a great deal from studying how other natural practitioners were treating HIV, especially people who had both HIV and herpes, or who had drug-resistant HIV. In North America, many people with HIV also have herpes, and many of the same substances that are effective for HIV are also effective for herpes.

All of the substances in the protocol are derived from botanical sources, and I grow or wildcraft many of them myself. I also tincture or homeopathically prepare most of the substances. *Melissa officinalis* is the cornerstone of the protocol, and *Lomatium dissectum* and olive leaf and *Prunella vulgaris* are components in the remedy. The most common homeopathic

remedies prescribed in the protocol are Rhus-tox, Mezereum, and Ranunculus, but there are over two dozen homeopathic remedies that I use depending on the symptom picture and another dozen or so herbal substances. Again the protocol is a combination therapy. Some of these substances are used internally, some externally.

I have been using natural remedies to help people suffering with herpes for 14 years. One of the principle natural tools used in controlling herpes has been L-lysine, an amino acid that has been proven to reduce the frequency of outbreaks in some people. Unfortunately, L-lysine has now been shown to have its own serious side effect. Since its main action is to inhibit arginine in the cellular environment, the long-term effect of taking L-lysine is the lowering of the body's immune function, which is a less than a desirable outcome and, therefore, not part of the protocol. For the most severe cases, I refer people to a hypnotherapist, as hypnosis has been clinically proven to be very effective in the treatment of herpes, particularly when combined with other therapies.

Lastly, I counsel people to make peace with the disease, and above all else, I encourage people not to be ashamed of having herpes and to have the courage to speak about the condition. The sad fact is that there's still a pervasive wall of shame and silence over this disease. People are much more likely to publicly declare their HIV positive status than admit to having herpes. There are numerous charities and foundations with high-profile celebrity spokespersons leading the very public campaign of AIDS awareness and research. There's an ever-increasing amount of sympathy and support for AIDS victims from the general public. But I challenge you to name a public spokesperson for

*continued on page 29*

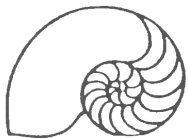
## HEALTH

### HERPES – THE SILENT EPIDEMIC

This year, in North America alone, 800,000 people will contract genital and oral herpes (herpes 1 and 2). It is estimated that 60 percent of the population has herpes. A majority of the people with the disease are unaware that they carry the virus, increasing the likelihood that they will pass it on to others. With so many people affected by this epidemic, it is a wonder that herpes doesn't get more media attention. It's been labelled an incurable disease, which when left untreated can have dire consequences, such as the death of an infant born to a mother experiencing an outbreak during delivery and vastly increasing one's chances of contracting AIDS and other opportunistic infections.

The Acyclovir family of drugs including Valtrex and Famvir, has been the long standing therapy prescribed by doctors for the treatment of herpes 1 and 2. Although the drug has proven itself to be somewhat effective in the reduction of the duration and severity of outbreaks when used topically and in the suppression of some outbreaks when taken orally, this effectiveness can come with a steep price.

Acyclovir does not cure herpes and must be taken indefinitely. Similar to many other drugs, Acyclovir has serious possible side effects, including kidney dysfunction, toxicity in the nervous system, nausea, vomiting, diarrhea, confusion and tremors, and severe headaches. Beyond these, perhaps the biggest problem with taking these drugs for herpes is the creation of drug-resistant strains of the virus that will make treating people in the future much more difficult.



- Dentistry for the love and care of patients
- Alternative and complementary approaches
- Western Canada's first and most experienced holistic / biological dentist (20 years)
- We recognize dentistry's impact on the human mind, body, and spirit.

**Madeson Basie**

B.Sc., DDS, FAGD

305 – 2083 Alma Street  
Vancouver, B.C.  
604.222.8292 / 604.222.8297 fax  
drbasie@shawlink.ca

**Wellness Centered Dentistry**

### ACADEMY OF CLASSICAL ORIENTAL SCIENCES

3, 4 & 5 Year  
Chinese Medicine Diploma Programs

NEXT ENTRY SEPTEMBER 2005

For calendars and applications call 1-888-333-8868  
www.acos.org

Financial Assistance may be available Transfer Credits Accepted



- Acupuncture
- Chinese Herbology
- Tuina Massage
- Diet
- Qigong
- Western Medicine Component
- Chinese Language Component

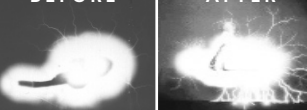
303 Vernon Street, Nelson, BC Canada V1L 4E3 • Email acos@acos.org • Fax 250-352-3458

**NORDIC**

LIVING WATER SYSTEMS

BEFORE

AFTER



1 Drop of Water Before & After  
'the Original Water Revitalizer'

### PUT NEW LIFE FORCE IN YOUR WATER

Get healthy water in your home.  
Far beyond what any filter can do.  
Restores and energizes your water via a  
double vortex flow form process.  
Proven in Europe, since 1985.

VANCOUVER TOLL FREE  
604 • 990 • 5462 1 • 888 • 644 • 7754

WWW.ALIVELWATER.NET • RESEARCH • FACTS • TESTIMONIALS



*Soft Heat*

### Infrared Sauna

Relax while having a healthy sweat at a lower more comfortable temperature than in a conventional sauna. **Detoxification** of toxins and heavy metal. **Pain relief** from arthritis, fibromyalgia and other chronic pain conditions. Burn 600 calories in 30 minutes. Easy in-home assembly with no plumbing required. Different sizes available. [www.infraredsauna.net](http://www.infraredsauna.net)

604-936-1766 or 1-888-291-6544





# Fine fare on the high seas

NUTRISPEAK

by Vesanto Melina MS, RD

There's nothing like the wind in your hair and saltwater spray on your face to help build up an appetite. At the same time, food preparation aboard a sailing vessel presents a unique set of challenges. Water, fuel, refrigeration, and preparation time may be in short supply; stove burners, counter space, and storage are generally limited. There may be many miles of rolling waves between you and a produce market. As the boat lurches, chopping food can be a daunting task, and any open cupboard or oven door is likely to swing wildly back and forth. Nonetheless, the galley is one of my favourite spots on a boat, and one's culinary creations are certain to be met with great enthusiasm by the rest of the crew.

Staples for preparing healthy on the high seas include the faster cooking grains (such as quinoa, white rice, millet, and couscous, all ready in 15 to 20 minutes) and the smaller, faster cooking legumes (lentils, split peas, mung beans, adzuki beans, all ready in about 45 minutes.) Red lentils are fastest of all, at 20 minutes. As canned goods are often kept in bins that

open from the top, to quickly distinguish the contents, write their identities on the tops with a marking pen. Tofu in tetrapacks can be mashed and seasoned for sandwich fillings, or cubed and marinated for stir-fries. Peanut butter is not only a spread, but can be the basis for delicious sauces, as in the African stew recipe here.

You'll likely become very creative with whatever herbs and spices you have at hand. Take small packages of curry, cumin, cayenne, cinnamon, chili, dried garlic, onion, and ginger. Exotic vinegars, toasted sesame oil, nutritional yeast, hot sauces, and curry pastes (such as Patak's mild) keep well without refrigeration and add a nice touch to simple dishes. Vegetable stock powder or cubes allow you to turn out flavourful soups and stews with few ingredients. During preparation, non-slip mats keep your cutting board or bowl in place on the counter. (Available at boating stores.)

It helps to know half a dozen quick and easy menu items. (Campers and kayakers also take note of these ideas.) Couscous salads are ideal. Simply add boiling water, a few seasonings (such as cumin, salt

and pepper) and let the couscous sit for about 15 minutes while you chop or grate colourful veggies (such as red pepper and parsley) to mix in, perhaps along with currants and a lemon-tahini dressing. For an entire meal, add a can of drained chickpeas.

When you're at sea for a while, sprouting may be an easy way to get fresh veggies. A fine mesh bag can be hung, allowing twice-daily rinsing while the sprouts grow. Keep alfalfa seeds, mung beans, and regular green or brown or French (small) lentils for this purpose.

For instant snacks, trail mixes are sure to be well received. Make your own blend of dried fruit (figs, dates, currants, cranberries, cherries, raisins, mango); nuts (with almonds for calcium, cashews for zinc, walnuts for omega-3 fatty acids, and the occasional Brazil nut for selenium); and perhaps chocolate or carob chips or candied ginger.

## African stew

From *Becoming Vegetarian* by Melina and Davis.

Makes four small or two hearty servings

1 onion, chopped

1 tbsp vegetable oil


4 cups water or vegetable stock from cubes or powder

## HEALTH

2 cups peeled, diced yams or sweet potatoes  
1-2 cups canned, drained chickpeas  
1 cup brown or white rice  
1/4 tsp salt  
1/4 cup peanut butter  
2 cups chopped kale, collards, or other greens  
2 tbsp lemon juice  
Dash chili sauce, chipotle sauce, or Tabasco

In large pot, sauté onion in oil over medium heat for three to five minutes. Add water, yams, chickpeas, rice, salt, and simmer for 30 to 45 minutes (use the longer time for brown rice). In small bowl, blend peanut butter and 1/2 cup of hot liquid from stew to make a smooth paste. Stir into stew along with greens and cook for five minutes. Stir in lemon juice, chili sauce, and adjust seasoning to taste. Serve with rice or bread.

Vesanto Melina is a registered dietitian and author based near Fort Langley. She is co-author of the Food Allergy Survival Guide, Healthy Eating for Life to Prevent and Treat Cancer, Becoming Vegetarian, Becoming Vegan, and Raising Vegetarian Children. For personal consultations, call 604-888-8325 (clinic) or 604-882-6782 (home office). [www.nutrispeak.com](http://www.nutrispeak.com)



**\* Superior antioxidant blend to protect the body from the ravages of free radicals and oxidants.**

**\* Benefits cardiovascular system, eyes, prostate, skin and the immune system.**

**416-297-6900**  
**1-800-651-3172**

**Alive Health Centres** - Cottonwood Mall-(604) 858-8796  
Richmond Centre, Richmond - (604)278-2788  
Metropolis at Metrotown, Burnaby - (604) 430-9622  
Central City (Surrey Place Mall), Surrey - (604)589-3623  
Oakridge Shopping Centre, Vancouver - (604)263-3235  
Royal City Centre, New Westminster - (604)526-6317  
Sevenoaks Shopping Centre, Clearbrook - (604) 854-6816

**Consumer Nutrition -Richmond Centre**  
6551 No 3 Rd unit 1112, Richmond - 604-270-0007  
**Justin's Natural foods (UBC)**  
4589 West 10th Ave., Vancouver - 604-228-1178  
**Optimum Health Solutions** - 604-875-0884  
**High-Tech & Health**  
809 Davie St., Vancouver - 604-681-0101

**Genesis Nutrition Stores** - 1-888-633-2777  
11040 Davis Street, Vancouver - 604-608-0318  
264E Broadway, Vancouver - 604-879-2800  
2682 Broadway, Vancouver - 604-739-7788  
6620 No.3 Rd., Richmond - 604-276-0020  
100 Schodhouse St. Unit 402, Coquitlam - 604-516-6981





# Bring on the biennials

ON THE GARDEN PATH

by Carolyn Herriot

On the Garden Path began a year ago with Greetings From the Garden Path, a weekly email newsletter sent to customers of The Garden Path Organic Plant Nursery in Victoria. Each week Carolyn wrote about what she was doing in the garden, the orchard, the greenhouse, with seed saving and soil building, with the intention of helping gardeners of all levels realize they can have the most healthy, productive and beautiful garden without resorting to substances harmful to humans, animals, wildlife, plants, worms or the myriad of soil-dwelling organisms.

Biennial plants flower and go to seed in their second year, which means that you need to plant them now to get a colourful show for the following spring. Many wonderful spring flowering plants fall into this category, and two characteristics, in particular, make them even more desirable to grow. One is that if you let some go to seed, you'll get lots of free volunteers the following spring. The second is that they grow well in either full sun or part sun just about anywhere in the garden.

## Foxgloves

Foxglove seedlings should be planted out now. Tip: They are best planted in groups of threes. Try *Digitalis purpurea* (apricot beauty) or *D. purpurea* (alba) for an elegant show that brightens up shady areas of the garden.

## Sweet William

For gardeners who love fragrance, sweet Williams are it! Lovely clusters of blooms will fill any room with their heady perfume. They grow happily in full to part sun and also work well in planters.

## Forget-me-nots

Once you introduce this pretty blue flower to the garden, you'll never forget it, as it's a prolific self-seeder, which pops up all over the place. It's particularly happy growing in part sun and moist soils, but grows easily anywhere. If you decide "enough already" just pull it up after flowering, before it sets seed.

## Wallflowers

Wallflowers, *Cheiranthus spp.*, sweetly scent the April and May garden, and make wonderful fragrant spring bouquets.

## Campanula

*Campanula spp.* are rampant self seeders with big blasts of blue colour from soft blue to deep blue. They sometimes have white or pink bells too. Bellflowers also make colourful spring bouquets.

## Clary sage

Everyone marvels when *Salvia sclarea* does its thing. This striking, aromatic plant wins admiration with silvery spikes of papery-purple bracts. It's almost impossible to find this plant at garden centres, so you'll have to grow it from seed. This plant does not self-seed, so shake a few seeds out before cutting it down, and grow them again next year.

## Sweet rocket

*Hesperis matronalis* has got almost everything going for it. Its big clusters of phlox-like, purple or white scented flowers on three foot plants are a mainstay in early spring borders. Sweet rocket is easy to grow, drought tolerant, grows in part-shade to full sun, has beautiful fragrant cut flowers, and is a rampant self-seeder. What more could a gardener ask for?

## Heritage hollyhocks

There's no plant that typifies English cottage gardens more than hollyhocks. A stately perennial, *Althaea rosea* makes the finest of background plants in the border. It has the highest powers of attraction when grown as a showpiece against a south facing wall or along a fence, where it relishes the reflected heat. If seeds are sown early in the year, blooms may appear the same year, but normally the hollyhock performs as a biennial in its second year. On the temperate west coast, hollyhocks

are often grow as perennials, and they also self-seed readily. Over time, you can expect many spires of splendid colours. The main drawback with hollyhocks is rust. Picking off the lower infected leaves as the plant grows stops the spread of this unsightly problem. Even if it's necessary to strip off all the leaves, it will not affect flowering.

## Luscious lettuces

There should be some room in the garden now for lettuces, as they make great follow-on crops to peas, garlic, favas, and early salad greens. Grow a row of luscious lettuces now to provide scrumptious salads for the rest of the year. Tip: Adding some winter hardy varieties to the selection will provide salads longer into the cold season.

Make a shallow furrow in the soil and thinly sow lettuce seeds directly into it. If the soil is dry, water along the open furrow first.

Rake along the length of the furrow to cover the seed, and use the back of the rake to press the seed into the soil. This ensures better and more even germination.

Water the row with a watering can.

When lettuce seedlings have grown two inches tall, thin them out to nine inches apart.

As soon as hard frosts threaten, cover the lettuce patch with a cloche to prolong the season of harvest.

## Strip the tomatoes

At the end of August, all tomatoes need to be encouraged to ripen by removing the top of the plants with their trusses of immature fruit. These will not have time to develop or ripen now, so why leave them on the plant? After topping the plants, strip and remove all the foliage to expose all the tomatoes to the last ripening rays of the summer sun. This may seem drastic, but it doesn't harm the plant and it does spare you from harvesting loads of green tomatoes.

From A Year on the Garden Path, A 52-Week Organic Gardening Guide by Carolyn Herriot. \$29.95. Earthfuture Publications, Victoria, BC. Available at Banyen Books and Duthie Books or [www.earthfuture.com/gardenpath](http://www.earthfuture.com/gardenpath)

finlandia  
natural pharmacy



• Anticancer • Anti-inflammatory  
• Digestive aid

This unique blend can be taken between meals to act as a blood thinner, works as an anti-inflammatory for painful joints, & helps with menstrual problems. Taken with meals, it is an excellent digestive aid for bloating and gas. Turmeric 300 mg / Bromelain 150 mg

1964 WEST BROADWAY @ MAPLE  
(604) 733-5323

Please visit our web site  
[www.finlandiapharmacy.com](http://www.finlandiapharmacy.com)

For Rent **The Most Beautiful SEMINAR ROOM in the World**

Full Spectrum Lighting  
Nicely Redecorated  
Fully Carpeted

Available days, evenings & weekends for meditation, yoga & piano classes, lectures, workshops, retreats, etc. Upholstered chairs.

**QUIET & PEACEFUL ENVIRONMENT**

23rd & Oak area, Vancouver  
On a beautiful tree-lined street.  
Nice park with trees 1/2 block away.  
Holds up to 50 people. Ground floor.  
Full kitchen facilities, Sound System, Flowers, Patio, Side Yard. Ample Parking.

604 - 264 - 0714  
[healthwise933@shaw.ca](mailto:healthwise933@shaw.ca)

SHORT-TERM OR LONG-TERM AVAILABLE

## Hormone Testing



**Stero-Chrom**  
Analytical Laboratory

604 540-7225 [www.stero-chrom.com](http://www.stero-chrom.com)

• Blood

- Now available locally
- Ask your alternative health care provider

- High quality testing
- Dependable results
- Timely results
- Wide range of testing

• Saliva

• Bio-identical levels

## The non-toxic alternative to drycleaning

No perchloroethylene with water-based cleaning from:

**Helping Hand Cleaners**

4050 Cambie Street, Vancouver

(604) 876-5399

[www.helpinghandcleaners.com](http://www.helpinghandcleaners.com)



# Shop the Wild

ENVIRONMENT

FESTIVAL FOSTERS A LIFESTYLE OF INTEGRITY AND SUSTAINABLE ECONOMIC DEVELOPMENT

by Beth Lischeron

There comes a time in one's life when all points converge; the threads grow into a visible body of dancing events and enough accidents of serendipity occur that one begins to recognize both pattern and flow. If one is fortunate and awake one may take part in enough acts of conscious creativity to see there's more to this process than meets the eye. Call it the fruit factor – lemons (the bad luck that leads to lemonade stands) and bananas (the things Cosmic Coyote tosses around that usually lead us to abrupt transitions, usually onto our backsides).

The fruit factor played a major role in my biggest life transition. After a decade in Japan as a bona fide NHK journalist (moonlighting as ecologist, cultural event organizer, and educator in indigenous traditional ecological knowledge), I was back in BC with some considerable challenges: burnout, single parenthood, and making my way in the Cowichan Valley, with little hope of finding work in my field(s). Lemonade, anyone?

I immersed myself in herbalism, making baby-care products for wee Kate, and working with the late Theresa Thorne, a Cowichan elder steeped in forest



Jean Crowder and Beth Lischeron. Photo by Gillian Leverkus.

knowledge; gradually a line of totally natural products emerged from our native forests and fields. Theresa introduced me to an indigenous mint that became part of Dragon Balm, a rub now used by other Cowichan elders to relieve asthma attacks, and people wanted to know what "the company" was called. My Japanese nickname was Dragonfly (which stuck); my Aboriginal Australian friends taught me about

the Dreamtime of creation, et voila Dragonfly Dreaming was born not long after Kate.

The Cowichan Valley has had its share of banana peels of late, largely due to the collapse of the primary resource extraction economy. Four years ago, I introduced the Cowichan Lavender Initiative to (among other things) connect artisans and agritourism. Through lavender, we can protect

agricultural land, deepen our growing reputation as Canada's Provence, and create a community of sustainable, permaculture-based creativity – what I call "slow food, deep beauty, broad art" – and healthy, diverse, economic growth.

The annual Cowichan Festival of Lavender is part of the initiative; 1,400 people came to our third festival in early July to enjoy the beautiful forest herb farm of Pat and Henri Andersen, partners in the Land Conservancy. Professional artisans and groups like the Buy BC Wild team from the Centre for Non-Timber Resources at Royal Roads University underlined the natural connections and interdependence of forest and field in this rural area. Foodies like James Barber and Bill Jones had suggestions on adding both lavender and wild foods to our cuisine and I have a few cooking scars to prove that I can – and did – make lavender lemonade for the multitudes.

Other Dragonfly Dreaming projects also reflect these multidimensional connections. Along with lavender, I'll soon be distilling forest products (aka waste) into essential oils and

Jerome Bouvier and friends,  
PoCoMo Youth Services Society, Just Singin' Round Foundation,  
and Bob Diskin Photography PRESENTS ... the REAL



## Patch Adams MD

(MOVIE WITH ROBIN WILLIAMS)



VANCOUVER & SURREY  
September 7th, 2005 September 8th, 2005

**Workshop** \$200  
In Surrey @ EAGLEQUEST Golf Club  
In Vancouver @ ITALIAN CULTURAL CENTER  
**Evening with Patch** \$50  
In Surrey @ the BELL Performing Arts CENTER  
In Vancouver @ ITALIAN CULTURAL CENTER  
Full Day Package \$235

For information: [www.jeromeinspires.com/patch](http://www.jeromeinspires.com/patch)  
For tickets: [www.singaround.com](http://www.singaround.com)  
OR call: 604-251-6449 / [jerome@jeromeinspires.com](mailto:jerome@jeromeinspires.com)

A benefit to support community-based charities and the Gesundheit Institute

**Community Partners**  
SD 36 Safe Schools Italian Cultural Center  
eaglequest COVOTE CREEK Common Ground



hydrosols. Creating a lavender demonstration garden on my property is also in the works, integrating wilderness areas, horticultural therapy, and permaculture.



Oregon grape. Photo by Nancy Turner.

Of course, working with other local organizations and businesses is a vital aspect of the overall plan, co-operatively tackling challenges we couldn't manage alone to raise each of us to our highest potential. During Shop the Wild we will celebrate wild foods, native plants and florals, First Nations traditions, and arts and crafts. It is truly exciting to

be involved in this movement, as I firmly believe that the concept "buy the goods your neighbours help to build/grow/create" will take on more and more weight as petroleum prices rise; it's one thing at the gas stations, but when it's factored into transport of goods.

And so, the patterns emerge, the weaving becoming ever more complex and beautiful. My French ancestors used to say, "Il faut reculer pour mieux sauter," or, "Take a good look around before making a big leap forward." For me, this leap is grounded in traditional ecological knowledge, entrepreneurship, permaculture, art – possibly driven by an insane level of passion – and a healthy respect for the fruit factor. The recipe seems to be working so far.

*Beth Lischeron lives on Vancouver Island. Dragonfly Dreaming was founded in 1996. Past lives include professional actor, writer, event coordinator, narrator, TV news editor, executive director, and pork butcher's Saturday girl. She now divides her time between parenting and numerous jobs, and is currently breaking in her second distilling unit. Contact Beth through [www.dragonfly-dreaming.com](http://www.dragonfly-dreaming.com) or 250-743-8036. The web site will be updated after the still is broken in.*

*For more information on Shop the Wild Festival, August 28, Royal Roads University, Victoria, visit [www.shopthewild.com](http://www.shopthewild.com) or email [ntfp@royalroads.ca](mailto:ntfp@royalroads.ca)*

# Chariot Festival 2005

**Sunday August 21<sup>st</sup>**  
**Stanley Park**  
**Second Beach**

**Stimulate your Soul!**

**Live Theatre, Music**  
**Bhakti Yoga, Chanting**  
**Children's Fun Tents**  
**Classical Dancers**  
**Vegetarian Feast**  
**Much More**

**Chariot Parade along**  
**Beach Ave from under**  
**Granville St Bridge**  
**to 2nd Beach**  
**@ 11:30 AM**

**FREE ADMISSION**  
[www.festival.iskcon.ca](http://www.festival.iskcon.ca)

**ISKCON**

Low Energy? Digestion Problems? Candida? Crohn's or IBS?

## Dimension 4

Specially ionized and polarized mineral supplements

Helps to restore proper pH in the intestinal tract  
and allow your digestive system to function properly

Breakthrough technology

100% natural

Documented testimonials

Chemical and drug-free

visit our website:  
[www.gbvtreetree.com/753](http://www.gbvtreetree.com/753)

call toll-free:  
**1-877-300-8733** M-F / 10A-6P PST

to receive 10% discount when ordering, quote AD#753



# A *Spiritual* Approach to Education

## Become a clinical Counsellor

Eligible for BA and/or MA

This unique program blends current counselling psychology technique with a spiritual component, while weaving the student's life experiences into the curriculum.

**Program runs October 2005 – June 2006**

**Now in Victoria**

Introductory sessions: Victoria Sept 13th – Vancouver September 15th

Degree completed as distant learning in conjunction with Rutherford University  
([www.rutherford.edu](http://www.rutherford.edu)), Wyoming, USA. Board certified: ABMPP and ABDA

**What are you being called to do?**

*Call for more information and the location of the information session in your area*

**Call 604-513-9001 or email [courses@clearmind.com](mailto:courses@clearmind.com)**  
**[www.clearmind.com](http://www.clearmind.com)**

Vancouver

Toronto

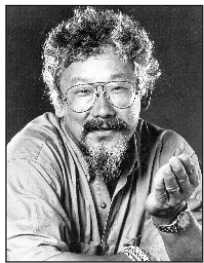
Ireland

Sweden

London

Holland





# Help China's environment

SCIENCE MATTERS

by David Suzuki

I don't know about you, but China scares me. It's the most populous nation on the planet – home to 1.3 billion souls – yet, economically, it's just waking up. How China handles its burgeoning economy, and how the developed world deals with China's rapid industrialization, will have a profound impact on the planet.

China's population has more than doubled over the past 50 years. Although population growth has now slowed, economic growth has exploded to more than three times the global average. China now has the world's third-largest economy – huge, but nothing compared to what it would be if China's rate of resource consumption reaches the level of industrialized nations.

As it is, China's economy is pushing the country to its ecological limits. According to a recent article in the journal *Nature*, the impacts of pollution, desertification, deforestation and other environmental

problems are starting to become acute. For example, 75 percent of China's urban citizens breathe air that does not meet the country's air-quality standards. It is estimated that more than 300,000 people in China die prematurely every year due to air pollution.

Three-quarters of China's lakes are also polluted, and more than 100 of its cities suffer from severe water shortages, which occasionally shut down industrial production. In the city of Xian alone, it is estimated that water shortages result in \$250 million US in lost production. Two-thirds of China's fresh water originates from underground aquifers, which are fast becoming depleted and polluted. China's ocean resources aren't faring any better. Almost all of its coastal

***It is estimated that more than 300,000 people in China die prematurely every year due to air pollution.***

waters are polluted from sewage, toxins and oil spills. Fish harvests have declined sharply. Meanwhile, widespread deforestation is thought to be responsible for increased flooding, and more than a quarter of the country is affected by desertification, leading to dust storms and the loss of farmland. Those dust storms are a good example of how China's environmental problems impact the rest of the world. They don't just affect China; they also impact other countries throughout Asia. In recent years, plumes of dust, along with soot from China's coal-fired power plants have even made their way across the Pacific Ocean to North America.

It is easy to say that the developed world has its own problems, so we should let China develop without our help. But such an attitude would be shortsighted and unfair. Many of the cheap goods we buy in North America are made in China from China's natural resources, leaving much of the pollution behind. And the energy needed to power the factories to make those goods derives mostly from Chinese coal mines, where, according to conservative government estimates, some 6,000 workers die every year.

Global climate change is another looming problem the world must face, and China will play a key role. Right now, China's per capita emission of heat-trapping gases is roughly half the world average and barely a tenth of the US's. But China's vast population and exploding economy means that it is already responsible for 12 percent of the world's emissions and could soon rival the US unless it rapidly embraces cleaner and more efficient technologies.

China has recently taken a number of steps in the right direction, such as committing to European fuel-efficiency standards for vehicles. But the country's reliance on coal, and its inefficient rural industries, will continue to push pollution levels up unless significant investment is made in clean technologies and renewable energy.

Helping China to improve its efficiency, and in some ways, its competitive edge, may seem strange. But in the long run, it's in the best interests of developed countries to ensure that China's growing economy is as efficient and environmentally friendly as possible. Because when it comes to pollution, what happens in China doesn't stay in China any more.

*Take the Nature Challenge and learn more at [www.davidsuzuki.org](http://www.davidsuzuki.org).*



# Pollution and babies

EARTHFUTURE.COM

by Guy Dauncey

In 2003, as December turned to January, many young couples made love under their duvets, repeating the ancient ritual that ensures the continuation of the human race. Nine months later, I'm sure that the new parents were delighted with their newborn babies. In Sidney, BC and Winnipeg, Manitoba, scientists were analyzing the blood from 10 umbilical cords, which mothers had donated to the Red Cross's cord blood collection program, commissioned by the Environmental Working Group, based in Washington DC and Oakland, California, for use in the treatment of leukemia, sickle cell anemia, and bone marrow failure.

The scientists were also looking for evidence of chemical contamination of the blood, and that is what they found. If these 10 randomly chosen cords are an example, the average newborn baby has 200 different industrial chemicals, pollutants and pesticides in his/her body at the moment of birth. Take a minute to digest that information. Two hundred chemicals and other pollutants, including mercury, polyaromatic hydrocarbons, dioxins, furans, pesticides, and chemicals

from flame retardants, PCBs, industrial lubricants, plastics, Teflon, Scotchgard, industrial bleaches, electrical insulators, coal-fired power plants, vehicle emissions, and wood preservatives. In total, the scientists found 287 industrial chemicals in the blood, an average of 200 chemicals per baby. These chemicals are all new to the human condition. During the millions of years it has taken our bodies to evolve, they have never had to deal with this reality before. The following statistics paint an alarming picture:

Childhood autism: 1,000 percent increase, early 1980s – 1998

Male birth defects: 200 percent increase in hypospadias, 1970 – 1993

Childhood asthma: 200 percent increase, 1982 – 1993

Acute lymphocytic leukemia: 62 percent increase in children, 1973 – 1999

Childhood brain cancer: 40 percent increase, 1973 – 1994

Premature birth: 23 percent increase, mid '80s – 2002

Infertility: 5-10 percent of all couples

***The average newborn baby has 200 different industrial pollutants at birth.***

Birth defects: 3-5 percent of all babies  
Sperm count falling: 1 percent yearly decrease, 1934 – 1996

Is there a connection? Of the 287 chemicals detected, 180 are known to cause cancer in humans or animals, 217 are known to be toxic to the brain and nervous system, and 208 are known to cause birth defects or abnormal development in animal tests. While all children are biologically fragile, the babe in the womb is the most fragile of all. The blood in the cord is simply a reflection of the blood pumped

daily from the mother to her baby and back again, carrying those 200 chemicals. The answer gives real cause for concern because the majority of these chemicals have

never been tested to determine how safe they are for anyone, let alone for babies or pregnant women. There are 75,000 industrial chemicals in use in the world today, and only 7,000 have undergone any kind of toxicity testing. Of the 3,000 high volume chemicals in daily use, only 7 percent have undergone the full range of toxicity tests. Of the 491 chemicals used by families and children, 75 percent are completely untested. Further, none of the chemicals has been tested in combination with other chemicals.

If you happen to be pregnant while reading this, don't panic. Although the situation is bad, there are things you can do. We can take steps to eliminate toxins from our homes and gardens. The Labour Environmental Alliance Society, based in

Vancouver's Gastown, has published a must-read entitled *CancerSmart Consumer Guide*, which is available through [www.leas.ca](http://www.leas.ca) for \$10, or \$7 if you buy five or more copies. (For more information, call Mae Burrows at 604-669-1921.) To avoid at least some of the chemicals, eat fewer processed foods and more organic produce. Never microwave food in a plastic container. Run your tap water through a filter. Eat less meat and dairy products that are high in fat. Reduce the number of cosmetics that you use. Avoid artificial fragrances and stain repellants. Choose non-toxic household cleaners. Avoid using gasoline-powered yard tools. Avoid breathing gasoline fumes. Don't eat canned tuna. If you eat seafood, stick to wild salmon that is low in PCBs and mercury. Don't use nail polish, which contains chemicals linked to birth defects. Avoid all cigarette smoke. Get rid of carpets that off-gas toxic chemicals.

On a collective level, we need to run a juggernaut of change through the bureaucrats and politicians who have allowed the chemical industry to get this far, putting all of our children in danger. This can't continue. Change is coming.

Source: *BodyBurden, The Pollution of Newborns*. Environmental Working Group, July 2005. (Free download from [www.ewg.org](http://www.ewg.org)).

Guy Dauncey is president of the BC Sustainable Energy Association ([www.bcsea.org](http://www.bcsea.org)) and author of *Stormy Weather: 101 Solutions to Global Climate Change*. He is currently co-authoring *Cancer: 101 Solutions to a Preventable Epidemic*.



# RESOURCE DIRECTORY

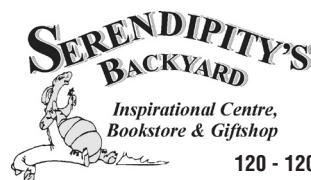
Books & Art .....	21	Dentistry.....	22	Intuitive Arts .....	22	Restaurants .....	27
Bodywork.....	21	Education & Certification ..	22	Nutrition.....	25	Time Out & Rentals .....	27
Business Services .....	21	Events .....	22	Psychology, Therapy &		Spiritual Practices .....	25
Cleaning .....	22	Food .....	22	Counselling.....	26	Vegetarian Restaurants ...	27
Delis / Cafes / Catering...	22	Health & Healing.....	24				

## BOOKS • ART



**Building the New**  
Global crisis evokes global debate  
Natural democracy follows  
Life on earth is preserved  
through a caring world citizenry  
[www.futureseeds.com](http://www.futureseeds.com)

The Chinese Ideogram for the word crisis consists of characters for danger and opportunity. Consider the global debate's major role during the EU referendum. And just as meaningful, an initiative by a group of US mayors "to get American cities to meet the US Kyoto environmental target", reported in the Guardian Weekly May 20-26-05.



120 - 12031 FIRST AVE.  
RICHMOND, V7E 3M1 (STEVESTON)  
[www.serendipitybackyard.ca](http://www.serendipitybackyard.ca)

A "Sanctuary for the Senses" awaits you at Serendipity's Backyard, Inspirational books, music, YOGA AND BELLY DANCING accessories, EXTRAORDINARY jewelry, gems, altar pieces, incense and more.  
Hours: Monday -Thursday 10-5:30, Fri 10-7, Sat 10-5 and Sun 12-5. 604-275-1683



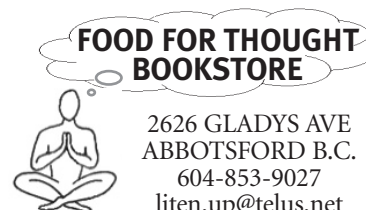
EXPLORE body, mind and spirit. BECOME who you dream of being. LIVE the life you've always wanted. Books, journals, candles, jewellery, music. **604-941-3755**  
#3-2773 Barnet Hwy, Coquitlam, BC V3B 2C1  
Hours: M-F 10-6, Sat 10-5, closed Sun and Holidays. [www.freespiritbooks.com](http://www.freespiritbooks.com)



Explore Spiritual Traditions, Metaphysics, Mythology, Psychology, The Healing Arts, Nutrition, Ecology, Native Wisdom....  
3608 W. 4th Ave. Vancouver, BC V6R 1P1  
Mail order: 800-663-8442. Free Catalogue  
Books: 604-732-7912. Sound: 604-737-8858  
Hours: M-F 10-9; Sat. 10-8; Sun. 11-7



**Authentic Tibetan Buddhist Art**, High Quality Custom made Shrines, Hand-painted Thangkas, Statues, Meditation Cushion, Assorted Incense, Mala, Prayer flag, Stupa, Mandala, Bells, Dorje, Dharma ware, etc...Tel: **604.681.9665** Cell: **604.671.3489**  
101-3823 Henning Dr. Burnaby (by appointment)



2626 GLADYS AVE  
ABBOTSFORD B.C.  
604-853-9027  
[liten.up@telus.net](mailto:liten.up@telus.net)

Nurture your heart soul mind & body Please your senses with our selection of Crystals, aromatherapy, incense, & music. We have books, dvds, tarot & divination cards. Also jewelry gifts & belly dance accessories. Edgar Cayce products & greeting cards  
Psychic & Tarot readings - Reiki healing & classes  
Hours: 10am to 5.30pm - closed Sundays and holidays

## BODYWORK



**ROLFING®**  
Grounding and Uplifting  
**Hans Diehl**  
Certified Rolfer  
Van (604) 431-7661  
Free Consultation

Rolfing holistically realigns your body's shape and structure. It eliminates the root cause of structural chronic pain, so results last. Enjoy deeper balance and graceful movement.

Vancouver and suburban locations.  
[www.rolfingvancouver.com](http://www.rolfingvancouver.com)

*"Nature does not hurry, yet everything is accomplished."*  
- Lao Tzu

**IF YOU THOUGHT FAHRENHEIT 9-11 WAS REVEALING...YOU NEED THE REST OF THE STORY.** Get the real issues behind 9-11, etc. Visit North America's Premiere Conspiracy Bookstore: Over 600 dynamite Books, Videos, DVDs & Audios! Call **1-800-294-5250** for Free Catalog. [www.preferrednetwork.com](http://www.preferrednetwork.com)

**ROLFING®**  
Structural Integration  
**Lynne Kraushar**  
Certified Rolfer®  
604-736-1758



Rolfing consists of a series of ten one hour sessions. Each session addresses a different area of the body, releasing the segments and returning the entire body to its natural balance. Free 1/2 hour consultations  
[www.rolfingwithlynne.com](http://www.rolfingwithlynne.com)



**Holistic Mexican Massage**  
Beatriz Pimentel  
(over 10 years of experience)  
**604.729.9504**

Explore the ancient healing techniques of Mexico: • Mayan detoxification • Aztec chiropractic • Pre-Colombian aromatherapy • Quartz harmonizing • Crystalpuncture (a non-intrusive technique based on body energy enhanced by quartz crystals) • Acupressure • Reflexology • Lymphatic drainage • Craniosacral energy healing.

## BUSINESS SERVICES



**CARS BY HANK**

Need advice on buying your next car?  
I sell the finest used cars in B.C.  
I sell makes and models that my 37 years experience with cars have proven to be dependable. D10566 PS autosales.  
Call Hank Melanson, 739-8494.

**NATIONWIDE MAILING SERVICES LTD**

Phone Anil at **604-889-6245**  
email: [nationwidemail@yahoo.ca](mailto:nationwidemail@yahoo.ca)

Addressed & Unaddressed Advertising, Publication Mail, First Class Mail, Discount Postage Rates Data Processing & Laser Printing, Automated Folding & Inserting, Shrink Wrapping and Poly Bagging Canada, US & International.



## FOOD

### Grassfed Beef

Certified conversion  
"1" Organic.  
Demeter certified  
in conversion "1".



Beyond organic... Less fat, fewer calories, more omega 3, CLA, vitamin E and beta carotene.

Free of grain, pesticides, growth promoting hormones, antibiotics, fillers, animal by-products, or chemical fertilizers.  
(604) 254-6782 [www.pasture-to-plate.com](http://www.pasture-to-plate.com)

## DELIS / CAFES / CATERING



### SERENITY NATURAL FOODS DELI/CAFE/CATER

3347 WEST 4TH AVE  
VANCOUVER, BC  
604-739-9777

Specializing in gourmet **wheat-free, lactose-free** and **gluten-free** meals and desserts. No trans-fats; local, organic ingredients; free-range meats; wild fish. **Always fresh and naturally made!** Dine-in, take home or cater your special event. Come visit! **Mon-Sat 11-8:30 / 604-739-9777**

## DENTISTRY



Dr. SERGE Agafontsev

### Biological Dentistry

[www.doctorserge.com](http://www.doctorserge.com)

Your choice in dentistry. Family discounts. European materials and quality. Highly advanced equipment. Teeth whitening with 3 years warranty. All types of dentistry - affordable prices. **Visit our brand new office at #220-1080 Mainland St. in Yaletown.**

Reserved patient parking.  
604-708-6042; [serge@novus-tele.net](mailto:serge@novus-tele.net)



DR. PATRICK J.S.  
FINNIGAN  
MERCURY FREE  
DENTISTRY

### Tooth Coloured Restorations

Material Compatibility Testing Kit Available. New Patients Always Welcome.

202-4545 West 10th Ave., Vancouver, BC.  
Ph: 604-224-3288, Fax 604-224-3289

Email: [pjsfdds@telus.net](mailto:pjsfdds@telus.net)  
[www.patrickfinnigandds.com](http://www.patrickfinnigandds.com)

## EVENTS

### Just Dance!

The Power of Positive Partying

Popular **Just Dance** is a positive party event offering an upbeat selection of music from all around the world. Boasting a rich collection of toe-tapping tunes, the deejays keep the crowd hopping with music such as African, Latin, Celtic, Pop, Nu-jazz, Trance and many more.

Held in an **alcohol and smoke free environment**, this innovative community event is a unique opportunity to fully be in your joy and celebrative spirit. Come dance, let loose or mingle with an open-minded and fun-loving crowd.

Active meditation: 7:30pm Occasional free dance class: 8:30pm Dance: 9:00 pm. 2114 W.4th Ave. (at Arbutus). \$8 at the door. Check out our NEW website at:

[www.justdance.ca](http://www.justdance.ca)

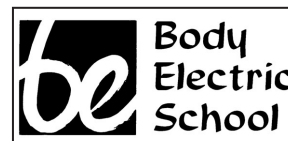
Next dance Sept 9

Info: [info@justdance.ca](mailto:info@justdance.ca) / 604-628-8696

## CLEANING



20 years experience. Environmentally friendly. Female owned and operated. Pet friendly. Regular cleans and one-time cleaning. Vancouver and North Shore. **As featured in the Vancouver Sun.**  
Call Jan Grue 604-897-8787  
[maidsense@shaw.ca](mailto:maidsense@shaw.ca) [www.maidssense.ca](http://www.maidssense.ca)



[www.bodyelectric.org](http://www.bodyelectric.org) • Call Vera  
The Art of Loving 604-742-9988

Rediscover Your Wholeness. Awaken and empower deeper body wisdom, and integrate your sexuality with spirituality. Access your erotic energy as a primary source of happiness, creativity and a profound connection to life. Celebrating the Body Erotic for Women • Sept. 23-25

## INTUITIVE ARTS



HOME TO VANCOUVER'S BEST PSYCHICS  
**Walk-Ins Welcome Every Day 11-5.**  
Across from The Keg, Marina side. Ask for Chanel "the clairvoyant other readers consult." Hundreds of confirmed testimonials in the lobby.  
Ph: 604-734-3354 [www.psychicstudio.ca](http://www.psychicstudio.ca)

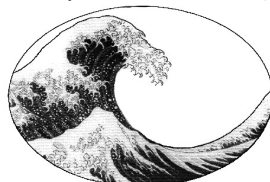
CHANNELLED READINGS BY DR. ANNE McMURTRY. ANNE'S ABILITY opens a line of communication between you and your Spiritual Guides, allowing them to speak directly to you. To inquire call Dr. Anne McMurtry at 604-734-8219, VANCOUVER. See ad in Health, Healing section.

*Place a name upon the night  
One to set your heart alight  
And to make your darkness bright  
Paint the sky with stars.*

- Enya

## EDUCATION AND CERTIFICATION

### Maui School of Therapeutic Massage



Learn massage therapy while enjoying the sun and sea of Hawaii! Our "state-of-the-heart," professional program provides you with the knowledge, skills and confidence to **open your own bodywork practice.**

- Facilitate healing for yourself and others
- Make a difference in your community
- Earn a good income and be your own boss
- Experience personal growth and transformation

Our **600-hour certification program** is one of the most affordable anywhere at only \$3,700 U.S. **Part-time, 12-month programs begin every September and March. Full-time, 7 month programs begin in mid-September.** Curriculum includes anatomy, assessment, medical massage, Swedish, neuromuscular, shiatsu, Hawaiian lomilomi, reflexology, sports, body-mind and a fully-supervised public clinic.

The school is located on the island of Maui, where the warm ocean, gentle climate and lush tropical beauty encourage deep relaxation and exploration of the healing process. Student visas available for 7 and 12 month programs. For more information and free catalog, write **Maui School of Therapeutic Massage**, P.O. Box 1891, Makawao, Hawaii 96768. Phone: (808)572-2277 or visit our website at [www.massagemau.com](http://www.massagemau.com)



PPSEC registered. Most courses tax deductible

Reflexology is taught as an intuitive healing art. Courses are designed to provide a structure that supports you in developing your own intuitive sense of reflexology. A holistic orientation prevails.

**Holistic Reflexology: An Introduction**  
Informational evening talk and "hands-on" presentation. \$10. See "Datebook."

### Basic Foot, Hand or Ear Reflexology Certificate Courses

Twenty hours of expert instruction plus forty practicum hours prepare you to practise foot, hand or ear reflexology competently. \$295. See "Datebook".

**Advanced Foot Reflexology Certificate Course**

Refine and expand your knowledge and skills to enhance your effectiveness practising foot reflexology. \$295. All courses are offered on a regular basis year round.

For registration or information:

**Pacific Institute of Reflexology**  
535 West 10th Ave. / Cambie VANCOUVER,  
B.C. V5Z 1K9. (604)875-8818 Fax: 875-8868  
Website: <http://www.pacificreflexology.com>



## EDUCATION & CERTIFICATION



### Practical Herbalist Program

UBC Botanical Gardens

This hands - on course (based on Don Ollsin's 30 years experience) offers a practical, confident, working knowledge of herbs. You will see and experience the herbs directly. Includes Ayurveda, Dreambody and Shamanism. Don Ollsin is the author of the book Pathways to Healing, A Guide to Herbs,

Ayurveda, Dreambody and Shamanism. "The course was complete, clear, interesting and fun. I would recommend it to anyone who is interested in herbology." Starts: Vancouver: October 15, 2005 Victoria: October 1, 2005 One weekend each month for nine months! Affordable monthly payment

plan available! A Modern & Traditional Herbalist Guild was founded in 2001 to promote and maintain excellence in herbalism in B.C. (\$25.00 annual membership fee). Registration or information: [www.herbalhealingpathway.com](http://www.herbalhealingpathway.com) Toll free: 1-866-592-7523



YOGA IN BEAUTIFUL VICTORIA, B.C.  
[www.moksanyagoga.com](http://www.moksanyagoga.com), 250-385-2105

YOGA TEACHER TRAINING, 250 YOGA ALLIANCE CERTIFICATION, 8 WEEK COURSE Learn the fundamentals of yoga history, philosophy, anatomy and teaching methodology. Offered 4x per year, visit our website for details. CONTINUING EDUCATION FOR YOGA TEACHERS AND ADVANCED

PRACTITIONERS Deepen your experience & understanding of yoga from both teaching and practicing perspectives.

These workshops can be credited towards the Yoga Alliance 500 hour certification. **Pre & Post Natal Yoga Teacher Training**, September 9 - 11, \$285

**The Psychology of Yoga**, Sept 24, \$125  
**Teaching Yoga Nidra** September 25, \$85  
**Restorative Yoga Teacher Training Intensive**, November 26, \$125  
**Hands-On Adjustments**, December 3, \$85  
**Yoga Therapy**, December 9-11, \$285  
Prices do not include gst.  
[www.moksanyagoga.com](http://www.moksanyagoga.com), 250-385-2105



Learn to fix bodies better than all the king's horses and all the king's men. BC's longest established school of essential oil and Aromatherapy courses that teach treatment of stress and its impact. Blending for auto immune malfunctions

and correcting body mechanics are part of the program. **Courses begin every quarter and fill fast.** Correspondence and tutored lessons available. Successful completion qualifies for RA designation. Blending seminars

and professional supplies on site. Scents of Comfort 52 - 6th Street, New Westminster, BC V3L 2Z2 Phone (604) 521-7670 Fax (604) 526-7880 email: [scents1@telus.net](mailto:scents1@telus.net) or visit us at [www.scentsofcomfort.com](http://www.scentsofcomfort.com)



Become a competent, confident Reflexologist, learning from **Yvette Eastman**. Touchpoint Institute is registered with PCTIA and RRCO. **Foot, Hand, Ear, Face & Body Reflexology** available. Our programs are 85% hands-on, fun-filled, stress-free, complete & intense.

Ask about our books, charts, and videos. Reflexology Full Time 5-month Diploma programs, Day & Evening beginning Sept. 12, 2005. **Practitioner's Complete Reflexology 101**, Oct. 22-24. **Pawspoint Reflexology for Animals** August 27, 28. **Homestudy** & Edmonton classes available.

Request our catalogue.

Visit: [www.touchpointreflexology.com](http://www.touchpointreflexology.com)  
e-mail: [yvette@touchpointreflexology.com](mailto:yvette@touchpointreflexology.com)

Phone: 604-936-3227  
Out-of-town, 800-211-3533



The NLP Institute ~ White Rock, BC  
Making Changes Easily!

**Empowering Your Future - Sept 10, 11**  
**Certified NLP Practitioner -**  
**Beginning Sept 16, 17, 18, 19**

604-536-4862 [www.NLPInstitute.com](http://www.NLPInstitute.com)



**Canadian College of Shiatsu Therapy**

• Vancouver (604) 694-0095  
• North Vancouver (604) 904-4187  
• Nanaimo (250) 741-8685  
E-Mail: [info@oyayubi.com](mailto:info@oyayubi.com)  
Website: [www.oyayubi.com](http://www.oyayubi.com)

Registered with PCTIA. CSSBC accredited

**Internationally Recognized Title**  
**Shiatsu Practitioner® / SPR.**

• 2200-hour Shiatsu Practitioner Diploma Program\*  
**Full-time/Part-time/Upgrading**  
• Spa-Shiatsu Certificate Course - 700 hours  
• Shiatsu Foundation Certificate Course - 153 hours  
• Chair-Shiatsu Certificate Course - 40 hours  
\*Also, eligible for US (WA) Licensed Practitioner.



**SHANG HAI TCM COLLEGE OF B.C. CANADA**

212-4885 Kingsway  
Burnaby, BC  
Tel: 604-430-5838

Traditional Chinese Medicine. Doctor of TCM, N.H.P. (Natural Health Doctor)\* N.H.P. program requires any health related college diploma meeting our educational hour requirements. Accredited by PCTIA (PPSEC), CNMC.  
[www.acupuncture-college.com](http://www.acupuncture-college.com)  
[info@acupuncture-college.com](mailto:info@acupuncture-college.com)



**Chair Massage Training**  
**Relax to the Max**

[www.chairmassagetraining.com](http://www.chairmassagetraining.com)  
Presented by Massage International

Enjoy a soul-satisfying massage career. Try this short, affordable massage training program. You'll love it or you don't pay! Certification recognized by Canada's largest massage association. Financing available. Classes start soon; private training available. **Call 1-800-207-4013 for a 24 hour recorded message.**



**CORE BELIEF ENGINEERING**

Founder, Elly Roselle  
PPSEC Registered  
(604) 536-7402

**Professional Certification Program**  
This gentle, powerful approach to making definitive, lasting and meaningful change has built an excellent reputation across North America since 1985. **Basic Course: October 2005**  
**Forty-day Intensive Course: January 2006**  
[Eroselle-cbe@msn.com](mailto:Eroselle-cbe@msn.com)



**COASTAL ACADEMY OF HYPNOTHERAPY**  
**604-542-1914**

[www.coastalacademy.ca](http://www.coastalacademy.ca)

Learn HYPNOSIS & HYPNOTHERAPY as a career or as an addition to existing skills. **Course starting September 5, 2005. Now taking applications for Intensive and Part-time classes starting September 10, 2005. Class size is limited, so apply early.** PCTIA Accredited.



**FREE INFO KIT**

CANADIAN ACUPRESSURE COLLEGE

HOW TO GET A CAREER IN HOLISTIC HEALTH IN LESS THAN 9 MONTHS. If you believe in the power of touch, turn it into a career. Call today to become a Registered Shiatsu Therapist or Jin Shin Do Practitioner. **Call 1-877-909-2244 or [www.acupressureshiatusschool.com](http://www.acupressureshiatusschool.com)**



British Columbia Institute of Holistic Studies  
203-45744 Gaetz St.  
Chilliwack, BC V2R 3P1  
[bcihs@telus.net](mailto:bcihs@telus.net)  
[www.bcihs.ca](http://www.bcihs.ca)

We are dedicated to providing a learning environment which embraces traditional & contemporary methods of therapy to produce skilled, caring practitioners. Courses in Aromatherapy, Reflexology, Shiatsu, Iridology & Holistic Practitioner. Meets the standards of the BCAOA and NAHA. Accredited with PPSEC. 1-888-826-4722

ERICKSON COLLEGE  
**THE BC NLP INSTITUTE**

CANADA'S ORIGINAL NLP INSTITUTE  
NLP Practitioner & Master Certifications  
Weekend & Day Programs starting September  
**INFORMATION EVENING**  
August 3 at 7:00pm  
**Coaching Forward** August 27 & 28 \$199  
For details call 800-665-6949/604-879-5600  
[info@erickson.edu](mailto:info@erickson.edu) [www.erickson.edu](http://www.erickson.edu)

**WEST COAST INSTITUTE OF AROMATHERAPY.** Offering quality home study courses, for everyone from the enthusiast to the professional. Learn how to safely incorporate essential oils into your life to enhance your body, mind and spirit. Contact Beverley at (604) 943-7476 E-mail: [wcia@telus.net](mailto:wcia@telus.net) Website: [www.westcoastaromatherapy.com](http://www.westcoastaromatherapy.com)

*Every time I hear that tune  
Something breaks inside ...  
Grapefruit Moon (and one  
star shining)*

— Tom Waits





**PACIFIC  
Institute of  
REFLEXOLOGY**  
PPSEC registered. Most courses tax deductible

## Enjoy Deep Blissful Relaxation!

Reflexology is taught and practiced as a potent, safe way to: free stress and tension, relieve pain, improve circulation, and facilitate the body's healing processes. Gentle, soothing stimulation of foot, hand or ear reflexes revitalizes your whole body. Private Sessions: Enjoy the healthy benefits of therapeutic half-hour sessions: \$35.

**Student Clinic:** Tuesday evenings, sessions only \$15. Revitalize yourself, you deserve it. Book your appointment now!

## "Recreational Reflexology" Video Guide

Enjoy pleasurable, quality time with your family and friends following expert guidance to foot reflexology sessions. Only \$29.95 for endless enjoyment!

## Training

Certificate courses prepare you to practice reflexology competently. \$295. See: Education Listing. Books, charts, "Maseur" sandals and self-help tools available. 535 West 10th Ave. / Cambie Vancouver, B.C. V5Z 1K9 (604)875-8818 Fax: 875-8868 Website: <http://www.pacificreflexology.com>

## GLUTATHIONE

**YOUR BODY'S MOST POWERFUL  
PROTECTOR AND HEALING AGENT**

Every moment Glutathione, the body's master anti-oxidant, is defending your body against attacks from disease, viruses, free radicals, bacteria, toxins, poisons, oxidation, pollutants, and radiation. Without it your body would have little resistance to bacteria, viruses or cancers!

Until recently there was no way to increase levels of Glutathione. Developed in Canada and over 20 yrs of research, a simple food product, has finally come along that is so effective in increasing levels of Glutathione it holds 10 patents world wide! The only food product to ever do so.

So if you want to fight disease, increase vitality or slow down the aging process...

**Doctor recommended**

**Call 604-781-4035**



## DR. LING XIA 醫師

- Doctor of TCM, Acupuncturist in China and Canada.
- Gynecologist from China.
- Over 20 yrs experience.
- Instructor of Acupuncture and Chinese medicine in Canada.

## ACUPUNCTURE & CHINESE MEDICINE

### •Gynecological disorders

- Insomnia •Digestive disorders •Fatigue
  - Quit Smoking •Headache •Backache •Stress
  - Skin problems •Cosmetic Acupuncture
  - Arthritis •Weight Problems •Chronic Pain
- 604-669-4333 504 -1160 Burrard Street**



## Jenny Lou Linley

**Certified  
Hellerwork Practitioner**

**733-0339**

Deep tissue release results in an expanded, lighter, **more alive state of being**. Interactive dialogue connects mind, body, spirit. Movement awareness supports postural changes. **Good for** injuries, carpal tunnel, thoracic outlet, chronic back pain, joint problems, stress, tension, personal growth. **A profound experience!** FREE 1/2 hour consultation.



## Detoxamin chelation - 70% off I.V.

Save money and time with the safer, less expensive and more convenient Detoxamin chelation suppositories (Ca-EDTA). One box (30 suppositories) is equal to ten I.V. chelations. Guaranteed lowest prices. Retail (wholesale): [www.detoxamin.ca](http://www.detoxamin.ca)



## ACUPUNCTURE HERBAL MEDICINE

**ANGELA LIU**  
Doctor of Traditional  
Chinese Medicine  
Registered Acupuncturist  
**604-605-3382**  
Trained in Canada and China.

## Special Package for

### Stopping Smoking and Weight Loss

- Back pain • Arthritis • Insomnia • Fatigue
- Digestive disorders • Respiratory disorders
- Gynecological issues • Skin disorders

### Low-Cost Acupuncture Package

**Free initial consultation for August!**

Chinatown Centre Medical Clinic

#165 - 288 East Georgia Street, Vancouver



## Shamanic

### 5 Element

## Plant Spirit Healing

**Jacob Unger**

**604.418.9636**

**[www.shamanichealing.info](http://www.shamanichealing.info)**

## Shamanic Transformational Healing

**& Empowerment.** Experience the loving compassion of the plant spirit world. Overcome depression, soul disconnection, accident & post abortion trauma, anxiety, anger, lack of focus. Toxic Energy Removal; Soul Recovery; Cutting Psychic Ties. Also: Shamanic Drumming, Chanting, Dreaming, & Medicine Wheel Circles.



**LOVE  
HEALS**

**Anne McMurtry, Ph.D**  
**Reiki Master**

I offer **healing sessions** blending Reiki, crystals & gemstones, channelling, sacred sound, aromatherapy and colour healing. Past Life Regressions and deep trance work also offered. **Ongoing workshops offered in Reiki I, II & III, Crystal and Gemstone Training.** Please call 604-734-8219



## ATTENTIVE BREATHING

**Rebirthing** is a powerful easy to learn process which liberates our body and mind of self imposed limitations stored in our subconscious. Freer, we progress spiritually. Rebirther since 1980, Counselling Diploma, Master Practitioner in NLP, Provincial Instructor Diploma **604-322-0216**



**The  
Alexander  
Technique  
Centre**

**604-737-2818**

[members.shaw.ca/AlexanderTechniqueCentre](http://members.shaw.ca/AlexanderTechniqueCentre)

The Alexander Technique is a method of mental and physical re-education which teaches how to use our body to its best advantage. Private lessons, workshops, and CANSTAT certified, PPSEC registered teacher training.

**#110-809 W 41st Ave. Vancouver**



## Transformational Bodywork

**Devaki Drache**

**Tel: 604.222.2054**

The body has a deep intelligence and wisdom which we can learn from. In a safe & trusting environment, **through touch and words**, learn to release holding & accept yourself in a deep way. "It's like coming home to yourself." ROSEN METHOD Bodywork Practitioner, Registered Clinical Counsellor, 25yrs. experience.



## Healing is Possible!

**Cancer  
Viruses  
Bacteria**

I can help rid your body of diseases. In most cases they can be persuaded to leave.

Diseases have a certain level of intelligence which can be addressed.

Through the magic of negotiation between Stephen and your body, **healing is possible!**

For more information contact:

**Stephen Chizik @ 604-873-6258.**

## SKIN DISEASES!

Registered Doctor of TCM  
Former Instructor of TCM  
at Langara College  
23 Years Clinic Experience  
Extended Health Care Accepted  
Vancouver: 604-876-8618  
#116 - 828 West 8th Ave



**Dr. Peter Zhou**, a qualified MD & former director of a hospital in China, specializes in: Skin Diseases: eczema, skin rash, acne, psoriasis, rosacea, shingles, herpes, vitiligo, plane wart, yellow spots, hives, allergic contact dermatitis, neurodermatitis. He also treats all kinds of pain problems. <http://drpeterzhoudtcm.tripod.com>

***One of the greatest delusions in the world is the hope that the evils in this world are to be cured by legislation.***

***— Thomas B. Reed, 1839-1902, Speaker of the U.S. House of Representatives, 1886***



## HEALTH & HEALING CONT'D



**Valerie Kemp**  
**739-9916**  
~ CRANIAL SACRAL  
& LYMPH DRAINAGE  
THERAPY AND MUCH  
MORE!

After assessing the physical and subtle energy of the body, Valerie's light, heart-centred energetic touch, and soft, gentle dialogue with the body, begins a journey of the soul to the root cause of the issue. Tissues and organs gently surrender, layers of emotions and memories melt away, taking us to the pure essence of being and vibrant health! **Now booking appointments for Sept. Please call 604-739-9916**

**The goal of classical homeopathy is to create freedom in mind, body and emotions.** Homeopathy can support and speed the healing process of other modalities such as counselling, and naturopathic medicine.

If you are considering homeopathy for yourself or your child, please call for more information.

Jan Grue 604-897-8787

Certified homeopath (4 yr. program)

## NUTRITION



**Nutrition Expert**  
**Vesanto Melina MS, RD**  
[www.nutrispeak.com](http://www.nutrispeak.com)  
Call 604-888-8325 or  
604-882-6782

Treat yourself to a consultation with **Registered Dietitian and best selling author, Vesanto Melina.** Weight management, health concerns, food sensitivities, practical tips for pregnancy, children, family members, answers to your questions. Create the diet to best serve you and fit your lifestyle and

preferences. Insure that you meet your nutritional needs by booking a personalized consultation: includes dietary analysis, recipes, menu planning, and easy nutrition for busy people. (Wednesday clinic sessions \$110, longer home office sessions \$195.) Vesanto is co-author of the "Food Allergy Survival Guide",

"Becoming Vegetarian", "Raising Vegetarian Children", "Becoming Vegan", "Healthy Eating for Life to Prevent and Treat Cancer"

Phone **604-888-8325** (Fort Integrated Health Clinic, Wednesdays) or **604-882-6782** (home office).

## SPIRITUAL PRACTICES



**SANT  
RAJINDER SINGH**

**SCIENCE OF  
SPIRITUALITY**

**Science of Spirituality** is a global, not-for-profit spiritual organization under the leadership of **Sant Rajinder Singh Ji Maharaj.** Discover the art and science of meditation on the inner Light and Sound – the ancient key to self-knowledge and God-realization.

See [www.sos.org](http://www.sos.org) for more information about this dynamic spiritual path.

**Please note NEW Sunday venue - 9100 Van Horne Way** (corner of Great Canadian Way & Van Horne), **Richmond.** Entrance on east side. **Every Sunday:** 10 AM Meditation,

11 AM Satsang, free veg. lunch 12:15. Contact Judy, 604-530-0589; Surrey: Saturdays 4:30-6:00pm, (Hindi/Punjabi) Gursharn, 604-590-3924.

All SOS programs are FREE [www.sos.org](http://www.sos.org)

### Sahaja Yoga Meditation

As taught by  
H. H. Shri Mataji  
Nirmala Devi  
[www.sahajayoga.ca](http://www.sahajayoga.ca)



"Sahaja Yoga is different from other Yogas because it begins with SELF REALIZATION. It is important for everyone to have that knowledge of the roots within ourselves. Sahaja Yoga allows the individual to become his own Spiritual Guide."

— H. H. Shri Mataji Nirmala Devi

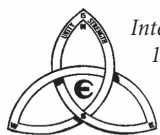
"I have been practicing SY for over 13 years and this became a way of life for me. Being a physician I had been absorbing Sahaj knowledge slowly but surely since all my questions, doubts and dilemmas were answered.

My life became rich of people, love and optimism. My personality shifted from being shy, uncertain and fearful to optimistic, open

and balanced. The biggest gift I ever received was self-realisation and a chance to become a yogi-connected with my Own Spirit."

— **Dr. I. Fadyeyeva**, Business Development Manager, GN, Hearing Care

**FREE meditation classes.** 604-597-8440, 604-715-8888, 604-726-8149 & 604-980-8107.  
[www.sahajayoga.org](http://www.sahajayoga.org) **604-597-8440**



**International Spiritualist Alliance**  
1A - 320 Columbia St. New West.  
604-521-6336  
[www.isacanada.ca](http://www.isacanada.ca)  
[theisacanada@yahoo.ca](mailto:theisacanada@yahoo.ca)

**BEER & BURGER NIGHT - Aug 14 @ 5 pm**  
Brooklyn Tap & Grill, 250 Columbia - \$15 in advance  
Special Sunday Aug 28—The Marshes from the UK  
Wednesday evening programs will resume  
September 7 with UK Medium Val Williams  
\* Workshop Sep 3 \* Sunday Service Sep 4 \*  
\* Mediumship Sep 7 - \$25 advance only \* Readings \*  
Details call Rev. Joyce Tarvin 604-433-6663



**ART OF  
LIVING**

[www.artofliving.org](http://www.artofliving.org)

**Make life a celebration.** The Art of Living courses improve health and give greater happiness by eliminating stress through a powerful breathing technique that purifies and rejuvenates the mind and body. Teacher trained by His Holiness Sri Sri Ravi Shankar. Contact: **604.228.8728**

# Atomic bomb information suppressed by US occupying forces

by David Laskey

In the decade after 1945, when survivors needed the most help, the Japanese government gave none. The victims felt that others did not understand the horrors of atomic destruction, and they saw themselves as terribly alone and abandoned. Immediately after the bombings, Japanese medical scholars and natural scientists exerted strenuous efforts to determine the details of the atomic disasters. During the early postwar months, their labours yielded a considerable volume of solid research, which the Science Council of Japan later compiled (SRIABC 1951; CRIABC 1953).

On September 6, 1945, the General Headquarters of the Occupation Forces

(GHQ) issued a statement that made it clear that people likely to die from A-bomb afflictions should be left to die. The official attitude in early September was that people suffering from radiation injuries were not worth saving. Nippon Eiga-sha participated in the documentation of A-bomb damages as a supporting agency of the Japanese Scientific Research Council's Special Committee. This company had organized a documentary film crew, and an advance party left Tokyo on September 7, 1945. The main crew began operations on September 25, filming in both Hiroshima and Nagasaki. They completed the first phase of their work by October 29. On October 17, an assistant

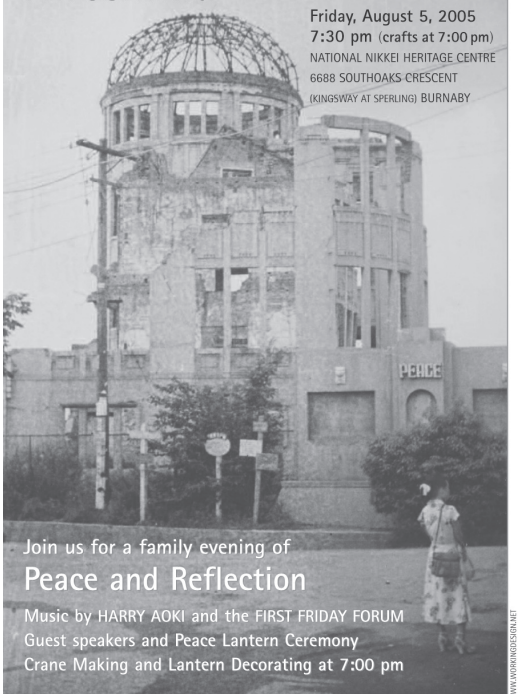
cameraman was arrested in Nagasaki by American military police, while filming near the hypocenter. On October 19, the GHQ prohibited the filming of A-bomb scenes. An official prohibition on filming was issued by the GHQ Civil Information and Education Section on December 12, and an order was given on December 17 to submit all films concerning the atomic bombs to the General Headquarters. Since the documentary was not completed, and as a result of negotiations with GHQ, the Nippon Eiga-sha was engaged to produce and complete the docu-

*continued on page 27*

## Remembering Hiroshima

**60th  
ANNIVERSARY  
COMMEMORATION**

Friday, August 5, 2005  
7:30 pm (crafts at 7:00 pm)  
NATIONAL NIKKEI HERITAGE CENTRE  
6688 SOUTHOAKS CRESCENT  
(KINGSWAY AT SPERLING) BURNABY



Join us for a family evening of  
**Peace and Reflection**

Music by HARRY AOKI and the FIRST FRIDAY FORUM  
Guest speakers and Peace Lantern Ceremony  
Crane Making and Lantern Decorating at 7:00 pm

SPONSORED BY CITY OF VANCOUVER PEACE AND JUSTICE COMMITTEE, GREATER VANCOUVER JAPANESE CANADIAN CITIZENS ASSOCIATION HUMAN RIGHTS COMMITTEE, MULTI-ETHNIC COALITION FOR REDRESS, RECONCILIATION AND PEACE IN THE ASIA PACIFIC, STORVORCA.



# PSYCHOLOGY, THERAPY & COUNSELLING

## FREE YOURSELF

Jaminie Hilton  
RCC

Masters in Counselling,  
Chemical Dependency  
Certificate



Discover your personal strength - it lies in the coping style that has gotten you this far; **shift** depression to hope. **Free** yourself from fears of unfamiliar feelings that block growth toward creativity and intimacy. **Deepen** and **enrich** your connection with others. **Create** the life you deserve.

In a safe environment, learn to value your power, and your vulnerability; change learned patterns; allow wishes, hopes, and dreams to surface.

### CALL ME FOR INFO ON EMDR

- Creative/Career Blocks • Addictive Behaviours
- Trauma/Abuse: Physical, Sexual, Emotional
- Depression • Anxiety • Grief/Loss

• Relationship (from romantic to roommates)  
I have 20+ years experience as a therapist with adults, adolescents, and couples. Clinical Supervision Available.  
For free initial consultation or information call: **604-802-4126, VANCOUVER**  
[www.jaminiehilton-counselling.ca](http://www.jaminiehilton-counselling.ca)



## ARE YOU READY FOR A CHANGE?

**Lorraine Milardo Bennington**  
M.Ed. (Counselling)  
Reg. Psychologist #815

You can overcome your limiting beliefs and open up to your joy!  
**Hypnotherapy-** Ancestral healing, Past life Regression, Weight loss/Stop Smoking, Life Purpose, Athletic Performance.  
**Couples Counselling Astrology** - Honoring your cosmic blueprint.

**Lorraine Milardo Bennington**, success coach, psychologist and hypnotherapist, has been practicing hypnosis and astrology for thirty years, and weaves these skills into her coaching and counselling practice. Hypnotherapy opens up the wonder and wisdom of our subconscious mind. With the

help of the angels, transformations occur gently and profoundly.  
Lorraine returns to Vancouver from ten years living, working, studying shamanism and playing on Kauai and Maui.  
She can be reached at (604) 871-4342 or emailed at [transformance@mac.com](mailto:transformance@mac.com)



## Therapy of the Whole Person

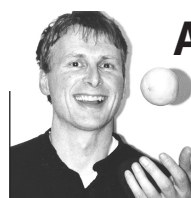
**John Arnold Ph.D.**  
Therapist /  
Counselor since 1975  
**604.261.2788**

**Only by Working with the Whole Person Can You Achieve Truly Permanent and Effective Change.**

If problems and issues keep popping up in your life and you are STILL STUCK,

it is because you have not gotten to the root causes. Completion of any problem comes only when you have resolved your issues physically, emotionally, mentally and spiritually and the underlying reasons for repetitive patterns of behavior are

uncovered and resolved. If you are fed up and want to do something radical about your predicament, give me a call **604-261-2788** or visit my web page at [www.members.shaw.ca/johnarnoldphd/](http://www.members.shaw.ca/johnarnoldphd/)



## Are U on purpose?

[www.mtkhealing.com](http://www.mtkhealing.com)

**"All of your symptoms - depressions, fears, cancers, relationship patterns, bankruptcies and divorces - point to the deeper purpose of your life."**

**Michael Talbot-Kelly, MH, MA**  
Holistic Psychotherapy  
Registered Clinical Counselor

Learning to befriend these symptoms helps you discover the wholeness that is you. This friendship is what heals and restores the natural rhythms in your life.

Michael is a holistic psychotherapist who has 25 years experience healing the mind,

body and soul. Michael's commitment is to guide you - gently and truthfully - toward restoring these natural rhythms that allow you to live your full and balanced life.

**Call Michael: 604-317-1613**



## What is Possible?

**Toni Pieroni, M.A.**  
Registered Clinical Counsellor

**Freedom from** the beliefs, feelings and behaviours that result in emotional pain and repetitive, reactive patterns that keep you stuck. Life's options open up as you learn to respond rather than react, resulting in:

- Healthy, intimate, satisfying relationships
- More success in work and career

- Joy, ease and pleasure in life itself
  - Aliveness and authenticity
- Some issues dealt with:**
- Emotional, physical and sexual abuse
  - Addictive and obsessional behaviour
  - Relationship issues and co-dependency
  - Anxiety and depression • Self-expression

**About Toni Pieroni:** Along with my professional training and skill, I bring over 20 years of personal development experience. I offer individual and couple therapy. For further information or for a free introductory session, phone **604-737-0168**. Or visit our web address: [www.counsellingbc.com/listings/tpieroni.htm](http://www.counsellingbc.com/listings/tpieroni.htm)



## TRANSFORM YOUR LIFE!

**Nicklas Ehrlich M.S.W.**  
Registered Clinical Counsellor  
25 + years experience  
**604-990-1584**

**Get effective tools & skills to balance & enhance** your mental & physical health - relationships - parenting - work/career & find purpose/passion.

**Easily change your subconscious program** that is held within the mind and cells of the body.

**Counselling - Coaching - Seminars - CD's**  
Weekend & evening appointments available

**FREE initial consultation with ad**  
[www.selfempowermenteveryday.com](http://www.selfempowermenteveryday.com)  
[www.ehrlichandassociates.com](http://www.ehrlichandassociates.com)  
**Phone: 604-990-1584**

## Bianca Rucker & Associates Inc.



**Bianca Rucker**  
R.N., M.A., Ph.D.

**Sexual & Relationship Therapy**

Problems with sexual functioning, inhibitions, desire discrepancies, affairs, or communication conflicts? We provide sex therapy, marriage counselling, clinical hypnosis. Extended health coverage. #400 - 601 West Broadway Vancouver. **Bianca Rucker, PhD 604-731-4466**  
[www.biancarucker.com](http://www.biancarucker.com)



**Transform Curses Into Blessings**  
**Barbara Madani**  
Registered Psychologist #335  
**Vancouver 604 876-4313**  
[www.powerpsych.com](http://www.powerpsych.com)

If you want to **recover** the real self, **reconnect** with your energy and creativity, **refine** skills to **realize** your goals and **reinstate** your personal power - **request** an appointment. We will transform curses into blessings using: • EMDR • Power Therapies • exploration of feelings and reframing beliefs • goal setting and decision making



**CORE BELIEF ENGINEERING**

**Reach and expand your potential** in all areas of your life. Since 1985 this gentle method has proven exceptionally effective in changing automatic, self-limiting patterns and enhancing Conscious Choice. Elly Roselle offers private sessions and classes.  
(604)536-7402. Email: [eroselle-cbe@msn.com](mailto:eroselle-cbe@msn.com)

## Learn to Empower Yourself

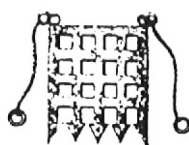


**Lana Rados**  
MA Clin.Psych., RCC, BCACC  
WCB & Criminal Injuries Board Reg.  
**604-644-9874**  
[info@lanarados.com](mailto:info@lanarados.com)  
[www.lanarados.com](http://www.lanarados.com)

Feeling unfulfilled? Conflict/relationship problems? Suffering depression, anxiety, stress, loss? Dealing with trauma, abuse, work or health issues? Effective psychodynamic treatment for **life-long results**. EMDR, CBT, Hypnosis. **Become the happy person you are meant to be.**

## YOUR GATEWAY TO THE PAST

Past-Life Therapy



**Past-Life Therapy**  
Di Cherry is a Certified Clinical Hypnotherapist. Member Canadian Hypnotherapy Assn.  
[www.dicherry.com](http://www.dicherry.com)  
2678 W 11th Ave, Vancouver.  
For information or appointments:  
**604-731-2646 or dicherry@telus.net**

**RELATIONSHIP ISSUES • SHYNESS • DEPRESSION • ANXIETY • ANGER • Post Traumatic Stress Disorder • Abuse • Sexual Addiction • Effective treatment using counselling,**

hypnotherapy and EMDR. Reasonable rates. Louise Evans, BA., MEd., Marriage and Family Therapist. Metrotown and W. Broadway office.  
**604-522-0257** [www.louiserevans.com](http://www.louiserevans.com)



## RESTAURANTS



**Organic, Exotic Gourmet Wild Meat Burgers.** Stormin' Norman's legendary burgers made with love since 1991 on Wreck Beach. Fully licensed with live music Thursday through Sunday. Our 25 types of self-serve condiments complement the best and biggest variety of meats in the world. Burgers currently available: buffalo, ostrich, venison,

wild boar, elk, muskox, caribou, mixed wild meat, ground sirloin, organic beef, NY steak, ribeye, lamb, rabbit, alligator, wild salmon, halibut, chicken breast and veggie. We feature whole wheat bakery buns, home-cut fries, poutine, veggie gravy; numerous exotic sausages: pheasant and pistachio, duck and apple, venison orange and fennel, wild boar

and apricot, buffalo smokies and veggie dogs. **Stormin' Norman's Spirit Grill Is a Slow Food Gourmet Restaurant. Ask about wholesale wild meat. Private parties hosted.**

1438 Commercial Drive, Vancouver  
604-251-4644  
www.stormin-norman.ca

## EAST IS EAST

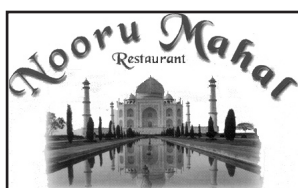
EXPERIENCE THE EAST  
WITH YOUR TASTE BUDS

3243 West Broadway 604-734-5881  
Chai Tea House Now Open Upstairs

"East Is East is a place where you are encouraged to talk to your neighbours. This is definitely not the Ritz, but it certainly is Kits. From plumbers to publishers, hippies to generation whatever, this place has special appeal."  
Owen Williams, Common Ground



Savour an Indian culinary experience while enveloped in the mysterious ragas of classical Indian music. Winner of West Ender's Silver Medal for **Best Indian Restaurant 2004-2005**. Delicious selection of vegetarian and vegan specialties. Open 7 days a week for lunch & dinner. 2313 Main St., Vancouver  
604.872.8779 www.nirvanarestaurant.ca



Serving Vancouver since 1985

**Best dosa in town.** Specializes in South Indian and Sri Lankan cuisine and the dosa listings alone are mind-boggling. Everything from lamb to chicken to beef to hot and spicy fish or plenty of vegetarian options. Open 7 days a week. **Special thali for lunch.**  
4354 Fraser St., Van 604-873-9263

## TIME OUT & RENTALS

**THE INN AT SPENCES BRIDGE**  
BC's best kept secret! 12 unique B&B rooms await you in our historic inn overlooking the Thompson River. Internationally inspired vegetarian cuisine. On Highway 8 - 3.5 hours north of Vancouver.  
www.spencesbridge.ca 1-877-354-1997

**CENTRAL SEMINAR ROOM / OFFICE**  
Cozy, carpeted room, seats 40. Available 24 hours, seven days/week. Natural/dimmer lighting, parking, beverage facilities, good energies. 535 West 10th Avenue (at Cambie) (604) 875-8818.

## VEGETARIAN RESTAURANTS

**Vegetarian Restaurant**  
  
3932 Fraser & 23rd Ave.  
Vancouver  
(604) 873-3848  
**Bodhi Choi Heung**

Serving traditional **Buddhist style** vegetarian food since 1960. Come sample over 200 vegetarian dishes. Operated by **Chef Ho** formerly of **Bodai**. Open 6 days a week from 11:00 am to 9:30 pm, closed Tuesday. Rated Best Vegetarian Restaurant in Vancouver Magazine's 9th Annual Restaurant Awards. Call for reservations. 604-873-3848

**NAAM**  
  
**"Great Food, Anytime!"**  
Open 24 Hours

**The Naam Vegetarian Restaurant**  
For years voted "Best Vegetarian" in the Georgia Straight and in Vancouver Magazine's "Readers' Choice". Open seven days a week, 24 hours, licensed, wood fireplace, heated patio, live music at dinner. 2724 West 4th Ave. 604-738-7151.

  
**The Rainbow Vegetarian Restaurant**  
273-7311  
8095 Park Road, Richmond, BC  
11:00 am - 9:30 pm  
Closed Tuesdays, except full moon day

**The Meaning of Vegetarian**  
It comes from the Latin word "VEGETUS." It means "Integrity, Healthy, Freshness, Energetic". Remember it and enjoy the flavour! Try our delicious appetizers, soups, thick soups, deluxe veggie dishes, hot pots, noodles, congee, deep fried & sauteed dishes, and rice dishes.

  
2582 West Broadway  
Vancouver 604-737-7373  
Mon-Thurs 11am-9:30pm  
Fri-Sun 11am-10pm

**Vancouver's largest vegetarian buffet**  
Enjoy homemade vegetarian food at its finest from our extensive hot and cold buffets. There is something to please everyone from our international selection of tasty dishes, many vegan, wheat and gluten free, including our natural desserts. Eat in or take out.



We are located in historic Hammond featuring various quality crusty breads and organic hearty loaves. Soup, sandwiches, muffins, and more. More choices and ordering on-line.  
**Best Bread Co.** (604)465-4065 20635 Maple Cres. @207th Maple Ridge www.bestbread.ca  
Next vegan potluck August 21st!

  
Natural Garden  
Whole Foods • Organic • Macrobiotic  
3432 Cambie St 604-875-0233  
www.naturalgardencanada.com

Healthy. Healing. Organic. Macrobiotic. Enjoy delicious food without refined sugars, meat, dairy, eggs and poultry. Try our non-dairy desserts, brown rice sushi, Bancha tea, fresh spring rolls, real fruit shakes...all made with healing & a healthy lifestyle in mind. Tues-Sun 12 - 9 pm  
Take-Out available.

continued from page 27

mentary film at the request of the U.S. Strategic Bombing Survey. The film, entitled, The Effects of the Atomic Bombs on Hiroshima and Nagasaki, was completed by the end of April. American authorities requisitioned all films and data, classified them as top-secret, and sent them to the US.

On September 19, a press ban was put into effect, which censored all radio broadcasts, news reports, and magazine articles dealing with A-bomb damages, including information about medical treatment of related symptoms. Except for a brief period before the ban was imposed, all accounts of A-bomb damages disappeared from the media. However, GHQ warmly welcomed articles that publicized the power

of the atomic bomb. Allied Occupation policies had imposed strict controls on all Japanese research into A-bomb affairs; under directives issued in late November 1945 by GHQ, Japanese scientists could neither undertake studies of A-bomb damages without permission, nor publish their findings. In the first 15 years after the bomb, limited studies were conducted, but since 1960, Japanese scientists have undertaken extensive research to ascertain how seriously the atomic destruction damaged the social fabric. As the victims' realities

**a press ban was put into effect, which censored all radio broadcasts, news reports, and magazine articles dealing with A-bomb damages.**

became more widely known, people began to realize that nuclear weapons endanger all mankind. Another reason for the incomplete data on A-bomb damages derives from the restrictions that were imposed by Allied Occupation Forces of Japan.

These restrictions were enforced until the signing of the San Francisco Peace Treaty, which ended the Occupation Authority on September 8, 1951. In Article 19 of the treaty, Japan had to relinquish all rights to press claims on the US for the use of nuclear weapons, which contravened the

Geneva Convention's Articles of War. The Japanese Government later interpreted the articles' conditions as including any claims made by Atomic bomb victims. Further, during the Occupation, which actually ended in 1952, one year after the signing of the treaty, the public school system could not inform students about the A-bomb. The textbooks authorized during that period by the Japanese Ministry of Education make almost no mention of atomic bomb damages. Perhaps most surprising is the fact that on the monuments erected at that time to memorialize the dead of Hiroshima and Nagasaki, the two Chinese characters for genbaku (shortened form of genshi bakudan, "atomic bomb") cannot be found. Indeed, it was a time ruled by a "genbaku taboo."





**Now Open**  
Mon-Sat 11 to 5pm

*Certified Organic  
Natural  
Produce & Grocery*

*Home Delivery  
or  
Come to the Store*



**Why Us?**  
**SAVE TIME**  
**SAVE \$\$\$**

**SAVE \$20**

Save \$20 on Deliveries over \$75\*  
Save 10% on Store Purchases \*\*  
\*New Customers \*\*With Coupon

**Ladybug Organics**

#1 9525 189 St Surrey  
**604-825-8621**  
ladybugorganics.com

continued from page 10

We have come to be one of the worst ruled, one of the most completely controlled and dominated governments in the world - no longer a government of free opinion, no longer a government by conviction and vote of the majority, but a government by the opinion and duress of small groups of dominant men.

— Woodrow Wilson

Fascism should more properly be called corporatism, since it is the merger of state and corporate power.

— Benito Mussolini

Allow the President to invade a neighboring nation, whenever he shall deem it necessary to repel an invasion, and you allow him to do so, whenever he may choose to say he deems it necessary for such a purpose, and you allow him to make war at pleasure...if, today, he should choose to say he thinks it necessary to invade Canada, to prevent the British from invading us, how could you stop him? You may say to him, "I see no probability of the British invading us:" but he will say to you, "Be silent; I can see it, if you don't."

— Abraham Lincoln

*Ishi graduated from Emily Carr Institute of Art and Design in 2001, with a BFA major in photography. He makes films, collects cacti, and ponders many things. Currently he is trying to figure out what to do with the rest his life.*

*contactishi@yahoo.ca waiting to hear echoes back.*

**Gwen  
Randall-Young**  
Chartered Psychologist

From the Author of  
Growing into Soul:  
The Next Stage in Human Evolution



### Relaxation CDs for Healing and Transformation

26 Titles including:

- Releasing Anxiety
- Releasing Stress
- Healing Depression
- Restful Sleep
- Coping with Loss
- Healing Your Inner Child
- Heal Your Body
- Releasing Anger
- Trusting & Following Your Intuition
- Your Authentic Self
- Hypnosis for Weight Loss

Audio CDs Shipping  
**\$20** + GST \$3 for 1st CD,  
\$1 per add. CD

For more titles go to  
**www.gwen.ca**

To order, visit [www.gwen.ca](http://www.gwen.ca) or send  
cheque or money order to:

**Gwen Randall-Young**  
439 Village Drive, Sherwood  
Park, AB, Canada T8A 4K1

E-mail: [gwendall@shaw.ca](mailto:gwendall@shaw.ca)

Call Toll-Free **1-888-242-GWEN**



# DATEBOOK

## CALENDAR OF EVENTS

List at: [www.commonground.ca](http://www.commonground.ca) > Advertising > Datebook

### AUGUST 3

**Coaching & NLP** Information Evening 7pm. Drop in to learn more about Coaching and NLP - opportunities & training at Erickson College. Bring a friend. 2021 Columbia St. Vancouver. RSVP 604-879-5600/info@erickson.edu

### AUG 7

**Chefs to the Field** Competition and Lunch Fundraiser for co-op organic farms. Tickets \$50 [www.gvofc.hub.org](http://www.gvofc.hub.org); Aphrodite's Cafe and Highlife Records.

### AUG 10-31

**Canadian Mental Health Association** Talks: Aug 10-Equal & Empowered Communications. Aug 17-Wholistic Health with Karen Zebroff. Aug 24-Assertive Communication. Aug 31-Relieve Stress Naturopathically. All talks at Lonsdale Quay Hotel, 7:00 to 8:00 pm. Free.

### AUG 10

**Clairvoyance workshop**, 7:00pm. Learn powerful techniques to open your clairvoyance. Experience clearly seeing relationships, career and financial issues. Use your clairvoyance to see what you desire. Psychic Fair Aug. 12, 1-4pm. Learn to consciously create what you want with the Meditation Class Aug. 17, 7:00pm. CDM Psychic Institute, 1114 W. Broadway, Suite 202. 604-730-8788

### AUG 13

**B.C. Intentional Community Network Focus Group Event** "The BCIC Network" 6 pm Dinner ~ 7 pm Start @ O.U.R. Ecovillage \$10 All Welcome! Please Register by July 31st! Registration: Shannon Binns 604-822-2941 or [binns@interchange.ubc.ca](mailto:binns@interchange.ubc.ca)

### AUG 17

**!!Free lecture!!** A real cure for candida / yeast infection. Ramada Hotel, 3484 Kingsway Call 778-882-6081, limited seating!! 7 PM

### AUG 17-21

**Satsang with Neelam** who teaches with the blessing of HWL Poonja (Papaji) 7:30pm, Aug 17&18. Suggested donation \$20. All are welcome. Masonic Hall, 1495 W. 8th Avenue. Day-long satsang August 20&21. Registration required for Sunday Aug 21. 604-254-9150 to register/info.

### AUG 18

**WORLD FEDERALIST MEETING** - The End Of Suburbia: Oil Depletion and the Collapse of The American Dream video explores the American Way of Life. Refreshments and discussion. 7:30 pm Hewett Centre, Unitarian Church Centre, 949 W.49th Ave. at Oak St. All wel-

come. Free Parking. No charge. Larry Kazdan at (604) 874-9982

### AUG 27-28

**Erickson College** - Coaching Forward A 2-day experiential introduction to fundamentals of coaching and coaching conversations. \$199. 2021 Columbia St. Vancouver. register 604-879-5600 or online [www.erickson.edu](http://www.erickson.edu)

### SEPT 8-14

**7-day Advanced Chakra Workshop** with Anodea Judith author of Eastern Body, Western Mind. Using yoga and experiential work, we will move our way from root to crown spending one day per chakra. Contact Nathalie [ravenandthefrog@hotmail.com](mailto:ravenandthefrog@hotmail.com) 604-272-4135.

### SEPT 9, 10, 11

**Introduction to Foot Reflexology** commences Certificate Weekend Course. Intro: \$10. Course: \$295.00 Pacific Institute of Reflexology (604) 875-8818

### SEPT 9-11

**Ferngully Retreat 2005** on Gambier Island invites you for a weekend of healing. 33 workshops, meals and transportation included for \$325. [www.fernullyretreat.com](http://www.fernullyretreat.com) or call 778.883.7706

### SEPT 9-17

**QUANTUM PHYSICS: THE MUSICAL** A hitchhiker's guide to the Quantum world, no experience necessary. \$8. Waterfront Theatre on Granville Island. 604-939-0364 [ifoundaquarter@shaw.ca](mailto:ifoundaquarter@shaw.ca). Tickets [www.vancouverfringe.com](http://www.vancouverfringe.com).

### SEPT 22-25

**DANCING THE BODY'S WISDOM** A movement therapy training for those who wish to integrate movement into their work and life. Catherine Fallis The Haven Institute, Gabriola Is. 1-877-247-9238 [www.haven.ca](http://www.haven.ca)

### SEPT 23-25

**Rediscover Your Wholeness.** Awaken and empower deeper body wisdom, and integrate your sexuality with spirituality. Celebrating the Body Erotic for Women • Sept. 23-25 • [www.bodyelectric.org](http://www.bodyelectric.org) • Call Vera @ The Art of Loving 604-742-9988

### SEPT 30

**Introduction to Hand Reflexology** commences Certificate Weekend Course. Intro: \$10. Course: \$295.00 Pacific Institute of Reflexology (604) 875-8818

### SUNDAYS

**The Centre for Spiritual Living** Inspired by the teach-

ings of Deepak Chopra and Louise Hay? You'll love our Sunday services, 11:00am. Children welcome. 1495 W. 8th Ave, Vancouver, 604-321-1225 [www.cslvancouver.com](http://www.cslvancouver.com)

### International Spiritualist Alliance

#1A -320 Columbia Street, New West (Downstairs) 604-521-6336 . Sunday Services 11am . Rev. Joyce Tarvin 604-433-6663 See resource directory. [www.isacanada.ca](http://www.isacanada.ca)

### TUESDAYS

**Reflexology Student Clinic** sessions - only \$15. Evenings only. By appointment. Pacific Institute of Reflexology. 604.875.8818

### WEDNESDAYS

**Hawaiian Healing Night** 7pm. Hawaiian guided Meditation, Sharing the Aloha, and snacks after, meet like-minded people and share. \$5.00 donation. At Hale Ola - a place of Healing 1215 Madison ave. Burnaby 604-431-7474 Kaimana and Moanikeala

**Meditation & Self-inquiry:** Have you lost the balance and rhythm in your life? Let stillness (through self-inquiry) return your wholeness. 5-7 pm. 317-1613.

### THURSDAYS

**Pranic Healing Clinics & Meditations.** Non Touch Energy Healing. By Donation. 10:00am - 2:00pm and 6:00pm - 9:00 pm Last healing begins half-hour before closing. Closed last Thursday of month. Pranic Healing Centre 204-133 E. 14th, N. Vancouver [www.pranichealing.ca](http://www.pranichealing.ca)

### Natural Spiritual Healing

or Progressive Counselling at GaiaGarden, Kitsilano. Effective, safe treatment for all illnesses, injuries, life situations. Free consultations available. SRMH Centre 1-604-740-0898

### Foundation Of The Zen Practice Course.

7pm St. Michael's Anglican Church 409 E. Broadway Call 604 876-4349 to register. [www.newmoonbuddhist.org](http://www.newmoonbuddhist.org)

### ONGOING

### Free Meditation workshop:

Experience kundalini awakening through Sahaja Yoga, as taught by Shri Mataji Nirmala Devi. & enjoy your Powers at our Weekly classes, always free and open to all. 604 597-8440 [www.sahajayoga.org](http://www.sahajayoga.org)

### A Course in Miracles drop

in study group, 7:30 pm, 517 E 17th St. North Van. Suggested drop in donation. Tuesdays & Sundays Call Susan 604 987-6985.

INTRODUCTORY HEALING SESSION \$20

**Extraterrestrial Healing Clinic.Com**

**Love Walks In with an ET Doctor**

Individual And Group Sessions  
Specializing in Telephone Appointments

Contact E.T. Ron  
Medical University  
Fleet Ambassador

530-918-9122  
[ethealingclinic@yahoo.com](mailto:ethealingclinic@yahoo.com)

EXPERIENCE HEALING TECHNOLOGIES 3000 YEARS IN OUR FUTURE



# CLASSIFIEDS

List at: [www.commonground.ca](http://www.commonground.ca) > Advertising > Classifieds

## EDUCATION

**ACADEMY OF HANDWRITING ANALYSIS CONSULTANTS.** Graphology Certification, Correspondence, Classes, (604) 739-0042

**ACADEMY OF REIKI SCIENCES INTENSIVES.** Individual, Distant. Reiki I \$150, Practitioner \$250, Advanced \$350, Master \$750. Manual/Diploma, Registered Teacher. 604-739-0042.

**HOMEOPATHY COURSES:** Online Foundation Course for beginners. Advanced courses and seminars. [www.homeopathycourses.com](http://www.homeopathycourses.com) 604-947-0757

## FENG SHUI

### TRADITIONAL FENG SHUI PRACTITIONER

For a consultation please contact Pamela Robinson at 604-856-1883 or E-mail: [ryott1@telus.net](mailto:ryott1@telus.net) Certificate in Dynamic Xuan Kong Feng Shui.

## HELP WANTED

Environmentally conscious house cleaners wanted by local Vancouver house cleaning company. If you have energy, good work ethics and a desire for advancement, we may be looking for you. Vehicle an asset. Part time to start. Starting wage= \$12 hr. Jan at Maid Sense 604-897-8787

## IMMIGRATION

Authorized representative for Canadian immigration (CSIC Member) can help you move permanently or temporarily to Canada. Family and spousal sponsorships a speciality. Call Ron at (604) 970-0629 or visit [www.bestplace.ca/contact.html](http://www.bestplace.ca/contact.html).

## INTUITIVE

I PREDICTED the death of Princess Diana and I can help you. eric (403) 249-4318.

## IRIDOLOGY

### TRIED EVERYTHING? STILL NOT WELL?

Eye analysis, natural health assessment 604-684-9755 Certified Iridologist, herbalist

## MUSICAL INSTRUMENTS

**INDIAN INSTRUMENTS FOR SALE:** Harmoniums, Sitar, Tablas, Dholaks, Tanpuras. Professional quality instruments directly imported from the finest highly reputed manufacturers. Full selection of instruments and accessories. Great for singing, chanting and prayers 604-581-8533 / 778-881-3340 [www.raagtaal.com](http://www.raagtaal.com) or Showroom: 15168-Fraser Hwy, Surrey, BC

## OFFICE SPACE

Beautiful & bright clinic/seminar room(s) in wellness centre on West Broadway. Available FT/PT/occasional basis. Call Shannon (604)836-9493

## RETREATS

**30TH KOOTENAY LAKE TAI CHI RETREAT AND TEACHER'S TRAINING,** August 21-27, 2005 (250) 352 2468, [chiflow@uniserve.com](mailto:chiflow@uniserve.com), [www.retreatsonline.net/kootenaytaichi](http://www.retreatsonline.net/kootenaytaichi)

**BODY HEART & SOUL YOGA** Retreats with Elisabeth Michielsen September 10 - 16 "Coming Home" Six Day Retreat on Hornby Island. August 24 - September 2 Yoga Teacher Training Intensive - Part 1 of Certification 250-338-4263 [www.bodyheartsoul.com](http://www.bodyheartsoul.com)

## SHAMANISM

### SHAMANIC DRUMMING/ CHANTING CIRCLE

Saturdays, August 13, Sept 10, 7-10pm. Shamanic journeying & healing. Donation. Vancouver Multi-Cultural Centre. Turtle Island Healing Circles. 604.418.9636. [www.drumcircles.ca](http://www.drumcircles.ca)

## TAROT

### INSTITUTE OF TAROT TRAINING

Classes, Individual, Correspondence, Certification, Readings. 604.739.0042

## THERAPY

### "WHERE EVERYONE KNOWS YOUR NAME."

Find out how others see you, and how to effectively relate: consider supportive, open-ended group therapy. Registered Psychologist Dr. Simon Hearn facilitates a group: Thursdays 7-8:30 PM, \$40/session. 16th and Granville, maximum eight members; gay positive. Dr. Hearn has ten years group experience: [www.drsimon.ca](http://www.drsimon.ca). For free screening interview, call 604 732 5991.

## WORK

### ORGANIC INCOME OPPORTUNITY

Want an additional income source? Help others become healthier with organic food supplements and earn a good income. You'll receive excellent training and coaching. Free audiotape (800) 624-2081

**YOUR MESSAGE HERE**  
**CommonGround.ca**  
**604.733.2215**



## On Track Zodiac

August 2005 by Ilona Hedi Granik



### ARIES (March 21 – April 19)

Is everything affecting you, or are you affecting everything around you? Life is showing you a mirror. You are creating a ripple effect with each encounter. Could be you have lots of questions; there is ample time to reflect now.



### TAURUS (April 20 – May 21)

There is a remarkable energy coming through for you. Your mind is keen and open to new ideas. You also unfold a few of your own. You discover that you have more mental agility than you gave yourself credit for. You can laugh with the best of them.



### GEMINI (May 22 – June 20)

If you are seeking to be perfect, instead ask why you are addicted to perfection. If you are in a healing crisis, you might try sending yourself a love letter. You can get great results from the written word, so write it down. Curb the need to please everybody.



### CANCER (June 21 – July 22)

A good idea is to make it a habit to clean your closets and drawers every so often. There is a need to take stock of your inventory in many ways. A healthy ritual of toss and cleanse will benefit you in the long run. Simplifying will help you stay calm in times of stress.



### LEO (July 23 – Aug. 22)

Perhaps your health is a top priority and you wish you could snap your fingers and be well again. Sometimes the energy of certain planets has a way of drilling home a message until it is understood. Could be it is all in your mind, too. Either way, any sense of weariness is on its way out.



### VIRGO (Aug. 23 – Sept. 22)

If you've been unhappy with your living space, you could shift it now. You have the power to create what excites you. If you open one door without fear, you could find that many more doors swing open as well. Either you get in the game and play, or you change what needs to be changed.



### LIBRA (Sept. 23 – Oct. 22)

The more you bring to life, the more life brings to you. Bells are ringing in your head and synchronicity is alive. People you meet help create what you want. Times of sharing and celebration are at their peak. This time, you won't feel the crash of a falling emotional wave.



### SCORPIO (Oct. 23 – Nov. 21)

Journeys short or long could be what you desire now. You may wish to find new places or to revisit your homeland. Your spirit is longing to feel refreshed and satisfied. Open your heart and say ahhh.



### SAGITTARIUS (Nov. 22 – Dec. 21)

This is a great time for clearing the air with your relationships. Not only personal ties, but any contacts where you feel the need to express your heart. It isn't so much what you say, but how you say it.



### CAPRICORN (Dec. 22 – Jan. 19)

You're feeling very light hearted. You may be willing to go that extra distance to meet old friends and some new ones. Being capricious and free, you are heading into an adventure with yourself and losing your rigidity.



### AQUARIUS (Jan. 20 – Feb. 19)

You could get a better sense of the expression "you reap what you sow." You are crystal clear about your past attitudes. There is no blame, only awareness as you rid yourself of unwanted behaviours. You could use a good dose of being around animals to lift your spirit.



### PISCES (Feb. 20 – March 20)

At last, you are able to focus and get organized. The direction is obvious, and you feel ignited from within. You can carry out your plan for this life. Plans come and go, but you are anchored with a strong sense of purpose.

Ilona Hedi Granik is a clairvoyant consultant and author with 31 years of experience in astrology, multi-media art and healing. [ilona23@shaw.ca](mailto:ilona23@shaw.ca)

*continued from page 8*

a nightmare, Isaac and Ishmael lie murdered, and we have a bloodthirsty Deity reigning over a planet of ashes and dust.

According to *Kuan Yin: Myths and Revelations of the Chinese Goddess of Compassion*, she, who has been worshipped for centuries on the island Pu To in China, is also unheeded these days. Today the sacred island of the goddess is ablaze with neon, resounds to karaoke and disco bars and has become a major place of prostitution. It is as if the secular has declared war on the divine feminine. This is not the work of communism but the consequence of the pursuit of consumerism. This seems to be the lowest ebb the sacred island has ever reached and we fear for the future of this unique place. Maybe Kuan Yin will have to perform a miracle on her own island – for little else seems possible in the face of such denial.

How do we rediscover the power of Mercy in our day? Is it, as Carol Delaney asks, that we need a new myth? Or is the "passionate protection of the child" already present in the original story? It was the presence of mercy that stopped Abraham's hand. She also empowered the hands of Dr. Nagai. I believe she continues to be active throughout the world, in

distant unheralded islands, on street corners, in homes and in the towers. Hapless creatures though we are, I believe as we give her our all, she will lead us into the abundant way.

*Joy Kogawa at the VPL: Emily Kato book launch, Aug. 5, 7:30 pm, Alice MacKay Room. Aug. 6, 11-3 pm, Promenade. [www.kogawa.homestead.com](http://www.kogawa.homestead.com)*

*continued from page 15*

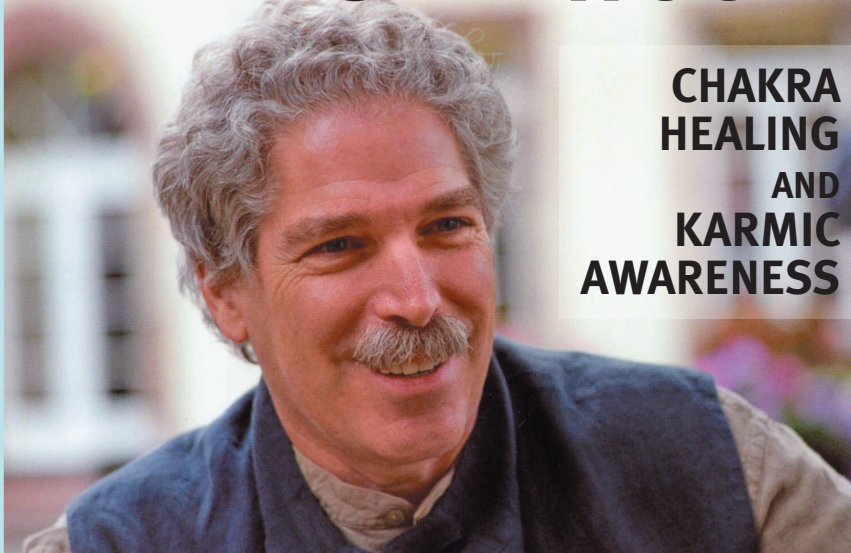
herpes. Better yet, can anyone even name one single herpes charity? I'm sure they exist, but their public profiles are next to nonexistent. Have you ever seen a telethon to raise money for herpes research? Is herpes the modern leprosy? I have worked with many herpes sufferers who do not tell their lovers of their status for fear of being rejected. I'm not sure what the answer would be to gaining more support and sympathy for the sufferers of herpes, but it's something we could all work on.

*Christopher Scipio is a homeopath/herbalist and holistic viral specialist. He hosts a holistic herpes clinic at Finlandia Natural Pharmacy every Wednesday. To book an appointment, 604-639-7286, or email [finlandiaclinic@natropractica.com](mailto:finlandiaclinic@natropractica.com)*

*For more information about Scipio's work, visit <http://www.natropractica.com>*



# KEITH SHERWOOD



## CHAKRA HEALING AND KARMIC AWARENESS

**Introductory workshop**  
**Fri Aug 26**  
**Vancouver Masonic Hall**  
**1495 W 8th Ave 7pm \$35**

In the workshop, participants will learn to:

- Centre themselves in the higher mind
- Activate their chakras and minor energy centres
- Strengthen boundaries
- Observe, discern and overcome karmic baggage

By overcoming karmic baggage and enhancing the free radiation of consciousness and energy participants in Mr. Sherwood's workshops will learn to increase their level of energy and to live with greater peace and joy. In addition, Mr. Sherwood will familiarize participants with the knowledge and skills necessary to experience union with themselves, their partner and with universal consciousness. All of Mr. Sherwood's work is based on yogic principles.

For more info [www.onewholelove.com](http://www.onewholelove.com) or 604-254-0033.

**Free talk**  
**Thurs Aug 25**  
**Vancouver Public Library**  
**350 W. Georgia 7:30pm**

# FERNGULLY RETREAT

This ocean side retreat will be your private sanctuary for renewal

GAMBIER ISLAND, B.C.



[www.ferngullyretreat.com](http://www.ferngullyretreat.com)

05  
September 9.10.11

**African Dance Expressive Art Therapy Modern Movement Tai Chi**  
**nutrition Traditional Chinese Medicine Shamanism Creative Recovery**  
**Yoga Inner Archetypes Belly Dancing Qi Gong Intuition Divination**



INSTRUCTORS

Annabelle McCorquodale

Cara Mackenzie

Christa Bell

Christine Cromack

Jacky Essombe

Mara Branscombe

Nikki Hainstock

Venus Marilee Nugent

Sai Hock Goh

Lydia Zamorano

Kiem Schutter

**ALL INCLUSIVE \$325**

• three days • thirty workshops • meals • accommodation • transportation  
ph 778.883.7706 [info@ferngullyretreat.com](mailto:info@ferngullyretreat.com)

**Market • Wild Chef challenge • Wild Wedding floral competition • Product sampling, lectures & demos**

- Wild foods - mushrooms, syrups, honey, berries
- Florals & native plant demonstration garden
- Natural health care products and spa
- Specialty wood & crafts
- Artisans - baskets, wood, art, photography
- First Nations cultural pavilion - dancers, storytellers, performers

**Shop  
the Wild 2005**  
**Sunday, August 28**

**FREE  
Admission**

*A Festival  
of wild products  
- food, plants, art,  
family fun,  
...and so much more*

### MAIN STAGE EVENTS

12:00 Wild Chef challenge with  
Sooke Harbour House

2:30 Ann Mortifee

4:00 Daniel Lapp



On the grounds of Hatley Castle  
at **Royal Roads University**  
2005 Sooke Road, Victoria 10:00am-6:00pm

**ROYAL ROADS  
UNIVERSITY**

**CENTRE for  
Non-Timber Resources**  
[www.royalroads.ca/cntr](http://www.royalroads.ca/cntr)

**[www.shopthewild.com](http://www.shopthewild.com)**  
tel: (250) 391-2600, 4328#



Ministry of  
Small Business and  
Economic Development



Supported by

Western Economic  
Diversification  
Canada



Diversification de  
l'économie de  
l'Ouest Canada



**Common Ground  
MAGAZINE**



# OMEGA-3 COMPLEX

## 100% Pure Neptune Krill Oil™

*“We should be eating more omega-3 fatty acids. Omega-3 fatty acids are necessary for optimum health. They are called ‘essential fatty acids’ because they can’t be manufactured by the body and must be obtained from the diet or from supplements.”*



### Omega-3 Complex

Research indicates that omega-3 fatty acids may help reduce the risk and symptoms of a variety of disorders. Omega-3 fatty acids can lower triglyceride levels, increase HDL cholesterol, help minimize inflammation and blood clotting, and keep blood vessels healthy.

Weil Omega-3 Complex is derived from 100% Pure Neptune Krill Oil™ (NKO), from Antarctic krill, a sustainable, natural source of omega-3 fatty acids, providing both EPA and DHA. Neptune Krill Oil™ is molecularly distilled krill oil that is independently tested to be guaranteed free of heavy metals (mercury and lead) and other contaminants including polychlorinated biphenyls (PCBs).

#### Weil Omega-3 Complex benefits:

- High quality omega-3 nutrition
- Mega-potency, super concentrated
- Molecularly distilled, free of contaminants
- Superior bioavailability



**WEIL™**  
Andrew Weil, M.D.

Andrew Weil, M.D., donates all of his after-tax profits from the sale of Weil Nutritional Supplements to the Weil Foundation ([www.weilfoundation.org](http://www.weilfoundation.org)). The mission of this not-for-profit organization is to support integrative medicine by funding the training of physicians and other practitioners, public education, research, innovations in patient care, and policy reform.

Weil Nutritional Supplements are manufactured and distributed by Quest Vitamins. To locate your nearest Certified Weil Retailer visit [www.questvitamins.com](http://www.questvitamins.com)

Only at your Certified Weil Health Food Retailer

**QUEST**



# Lose weight, confidently and naturally



## WEIGHT LOSS SUPPORT

You eat right and exercise regularly, but you'd still like to lose a few pounds. Sound familiar?

Here's 2 healthy tips to get the body you deserve:

- **Add more protein to your diet, with proteins+!**

Not only will it help improve your body's immune system, **proteins+** is what your muscles need to give you a toned and strong body. Superior quality, easily absorbed and great tasting too.

- **Get the benefits of fruits and veggies and protein too. Reach for transform+!**

Containing a full serving of the research-proven and energy increasing **greens+** formula, **transform+** also contains two great sources of protein, for a lean and healthy body.

Get the toned body you want and the energy you need. Just add water or your favourite juice, shake and enjoy!

Our Total Quality Obligation guarantees  
your satisfaction - or your money back.  
[www.genuinehealth.com](http://www.genuinehealth.com)  
Tel. (416) 977-8765 or 1 877 500-7888

 For a healthier, vibrant life - naturally **GENUINE HEALTH**